

NDB No. 06001

Soup, cream of asparagus, canned, condensed, commercial

Refuse: 0%

NDB No. 06001

Soup, cream of asparagus, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.100	0.122	
17:1.....g								
18:1 undifferentiated.....g	0.690		0	1		1.732	2.105	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.460		0	1		3.665	4.453	
18:2 undifferentiated.....g	1.420		0	1		3.564	4.331	
18:3 undifferentiated.....g	0.040		0	1		0.100	0.122	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.023		0	1		0.058	0.070	
Threonine.....g	0.062		0	1		0.156	0.189	
Isoleucine.....g	0.077		0	1		0.193	0.235	
Leucine.....g	0.130		0	1		0.326	0.397	
Lysine.....g	0.089		0	1		0.223	0.271	
Methionine.....g	0.033		0	1		0.083	0.101	
Cystine.....g	0.024		0	1		0.060	0.073	
Phenylalanine.....g	0.076		0	1		0.191	0.232	
Tyrosine.....g	0.060		0	1		0.151	0.183	
Valine.....g	0.091		0	1		0.228	0.278	
Arginine.....g	0.068		0	1		0.171	0.207	
Histidine.....g	0.039		0	1		0.098	0.119	
Alanine.....g	0.074		0	1		0.186	0.226	
Aspartic acid.....g	0.137		0	1		0.344	0.418	
Glutamic acid.....g	0.466		0	1		1.170	1.421	
Glycine.....g	0.054		0	1		0.136	0.165	
Proline.....g	0.164		0	1		0.412	0.500	
Serine.....g	0.084		0	1		0.211	0.256	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06002

Soup, black bean, canned, condensed, commercial

Refuse: 0%

NDB No. 06002

Soup, black bean, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.051	0.062	
17:1.....g								
18:1 undifferentiated.....g	0.450		0	1		1.157	1.404	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.410		0	1		1.054	1.279	
18:2 undifferentiated.....g	0.310		0	1		0.797	0.967	
18:3 undifferentiated.....g	0.100		0	1		0.257	0.312	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.055		0	1		0.141	0.172	
Threonine.....g	0.213		0	1		0.547	0.665	
Isoleucine.....g	0.246		0	1		0.632	0.768	
Leucine.....g	0.361		0	1		0.928	1.126	
Lysine.....g	0.355		0	1		0.912	1.108	
Methionine.....g	0.054		0	1		0.139	0.168	
Cystine.....g	0.050		0	1		0.129	0.156	
Phenylalanine.....g	0.267		0	1		0.686	0.833	
Tyrosine.....g	0.148		0	1		0.380	0.462	
Valine.....g	0.244		0	1		0.627	0.761	
Arginine.....g	0.283		0	1		0.727	0.883	
Histidine.....g	0.141		0	1		0.362	0.440	
Alanine.....g	0.198		0	1		0.509	0.618	
Aspartic acid.....g	0.560		0	1		1.439	1.747	
Glutamic acid.....g	0.966		0	1		2.483	3.014	
Glycine.....g	0.188		0	1		0.483	0.587	
Proline.....g	0.187		0	1		0.481	0.583	
Serine.....g	0.266		0	1		0.684	0.830	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257.000g: 1 cup (8 fl oz)

Measure 2 = 312.000g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06004

Soup, bean with pork, canned, condensed, commercial

Refuse: 0%

NDB No. 06004

Soup, bean with pork, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.070		1	1		0.188	0.228	
17:1.....g								
18:1 undifferentiated.....g	1.520		1	1		4.089	4.955	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.360		0	1		3.658	4.434	
18:2 undifferentiated.....g	1.020		1	1		2.744	3.325	
18:3 undifferentiated.....g	0.330		1	1		0.888	1.076	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	7	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.062		0	1		0.167	0.202	
Threonine.....g	0.243		0	1		0.654	0.792	
Isoleucine.....g	0.287		0	1		0.772	0.936	
Leucine.....g	0.484		0	1		1.302	1.578	
Lysine.....g	0.400		0	1		1.076	1.304	
Methionine.....g	0.074		0	1		0.199	0.241	
Cystine.....g	0.065		0	1		0.175	0.212	
Phenylalanine.....g	0.328		0	1		0.882	1.069	
Tyrosine.....g	0.176		0	1		0.473	0.574	
Valine.....g	0.323		0	1		0.869	1.053	
Arginine.....g	0.308		0	1		0.829	1.004	
Histidine.....g	0.153		0	1		0.412	0.499	
Alanine.....g	0.293		0	1		0.788	0.955	
Aspartic acid.....g	0.658		0	1		1.770	2.145	
Glutamic acid.....g	1.083		0	1		2.913	3.531	
Glycine.....g	0.284		0	1		0.764	0.926	
Proline.....g	0.265		0	1		0.713	0.864	
Serine.....g	0.290		0	1		0.780	0.945	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269.000g: 1 cup (8 fl oz)

Measure 2 = 326.000g: 1 can (11.5 oz)

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06006

Soup, bean with frankfurters, canned, condensed, commercial

Refuse: 0%

NDB No. 06006

Soup, bean with frankfurters, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.110		1	1		0.289	0.351	
17:1.....g								
18:1 undifferentiated.....g	1.930		1	1		5.076	6.157	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.250		0	1		3.288	3.988	
18:2 undifferentiated.....g	0.950		1	1		2.499	3.031	
18:3 undifferentiated.....g	0.270		1	1		0.710	0.861	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	9		0	1		24	29	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.080		0	1		0.210	0.255	
Threonine.....g	0.314		0	1		0.826	1.002	
Isoleucine.....g	0.371		0	1		0.976	1.183	
Leucine.....g	0.626		0	1		1.646	1.997	
Lysine.....g	0.518		0	1		1.362	1.652	
Methionine.....g	0.096		0	1		0.252	0.306	
Cystine.....g	0.084		0	1		0.221	0.268	
Phenylalanine.....g	0.424		0	1		1.115	1.353	
Tyrosine.....g	0.227		0	1		0.597	0.724	
Valine.....g	0.418		0	1		1.099	1.333	
Arginine.....g	0.399		0	1		1.049	1.273	
Histidine.....g	0.198		0	1		0.521	0.632	
Alanine.....g	0.379		0	1		0.997	1.209	
Aspartic acid.....g	0.851		0	1		2.238	2.715	
Glutamic acid.....g	1.401		0	1		3.685	4.469	
Glycine.....g	0.367		0	1		0.965	1.171	
Proline.....g	0.343		0	1		0.902	1.094	
Serine.....g	0.376		0	1		0.989	1.199	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263.000g: 1 cup (8 fl oz)

Measure 2 = 319.000g: 1 can (11.25 oz)

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06007

Soup, bean with ham, canned, chunky, ready-to-serve, commercial

Refuse: 0%

NDB No. 06007

Soup, bean with ham, canned, chunky, ready-to-serve, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.090		0	1		0.219	0.491	
17:1.....g								
18:1 undifferentiated.....g	1.440		0	1		3.499	7.862	
20:1.....g	0.040		0	1		0.097	0.218	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.390		0	1		0.948	2.129	
18:2 undifferentiated.....g	0.360		0	1		0.875	1.966	
18:3 undifferentiated.....g	0.040		0	1		0.097	0.218	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	9		0	1		22	49	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243.000g: 1 cup (8 fl oz)

Measure 2 = 546.000g: 1 can (19.25 oz), ready -to-serve

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06008

Soup, beef broth or bouillon canned, ready-to-serve

Refuse: 0%

NDB No. 06008

Soup, beef broth or bouillon canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.059	0.040
17:1.....g								
18:1 undifferentiated.....g	0.080		0	1		0.192	0.469	0.318
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.010		0	1		0.024	0.059	0.040
18:2 undifferentiated.....g	0.010		0	1		0.024	0.059	0.040
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Measure 3 = 397.000g: 1 can (14 oz), ready-to-serve

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06009

Soup, beef noodle, canned, condensed, commercial

Refuse: 0%

NDB No. 06009

Soup, beef noodle, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.070		2	1		0.176	0.176	0.214
17:1.....g								
18:1 undifferentiated.....g	0.870		2	1		2.184	2.184	2.654
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.390		0	1		0.979	0.979	1.190
18:2 undifferentiated.....g	0.330		2	1		0.828	0.828	1.007
18:3 undifferentiated.....g	0.050		2	1		0.126	0.126	0.153
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	10	12
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.037		0	1		0.093	0.093	0.113
Threonine.....g	0.123		0	1		0.309	0.309	0.375
Isoleucine.....g	0.149		0	1		0.374	0.374	0.454
Leucine.....g	0.251		0	1		0.630	0.630	0.766
Lysine.....g	0.209		0	1		0.525	0.525	0.637
Methionine.....g	0.072		0	1		0.181	0.181	0.220
Cystine.....g	0.046		0	1		0.115	0.115	0.140
Phenylalanine.....g	0.155		0	1		0.389	0.389	0.473
Tyrosine.....g	0.100		0	1		0.251	0.251	0.305
Valine.....g	0.166		0	1		0.417	0.417	0.506
Arginine.....g	0.158		0	1		0.397	0.397	0.482
Histidine.....g	0.089		0	1		0.223	0.223	0.271
Alanine.....g	0.177		0	1		0.444	0.444	0.540
Aspartic acid.....g	0.282		0	1		0.708	0.708	0.860
Glutamic acid.....g	1.063		0	1		2.668	2.668	3.242
Glycine.....g	0.180		0	1		0.452	0.452	0.549
Proline.....g	0.248		0	1		0.622	0.622	0.756
Serine.....g	0.138		0	1		0.346	0.346	0.421
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 251.000g: 1 cup (8 fl oz)

Measure 3 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06010

Soup, cream of celery, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	84.96	0.296	17	1	213.25	259.13	
Energy.....kcal	72		0	4	181	220	
Energy.....kj	301			4	756	919	
Protein (N x 6.25).....g	1.32	0.035	14	1	3.31	4.03	
Total lipid (fat).....g	4.46	0.182	14	1	11.19	13.60	
Ash.....g	2.23	0.025	14	1	5.60	6.80	
Carbohydrate, by difference.....g	7.03		0	4	17.65	21.44	
Fiber, total dietary.....g	0.6		0	4	1.5	1.8	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	32	2.102	14	1	80	98	
Iron, Fe.....mg	0.50		11	1	1.26	1.53	
Magnesium, Mg.....mg	5		5	1	13	15	
Phosphorus, P.....mg	30		2	1	75	92	
Potassium, K.....mg	98		2	1	246	299	
Sodium, Na.....mg	757		6	1	1900	2309	
Zinc, Zn.....mg	0.12		4	1	0.30	0.37	
Copper, Cu.....mg	0.113		2	1	0.284	0.345	
Manganese, Mn.....mg	0.200		1	1	0.502	0.610	
Selenium, Se.....mcg	1.8		0	4	4.5	5.5	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.2	0.018	13	1	0.5	0.6	
Thiamin.....mg	0.023	0.002	14	1	0.058	0.070	
Riboflavin.....mg	0.039	0.002	14	1	0.098	0.119	
Niacin.....mg	0.265	0.012	14	1	0.665	0.808	
Pantothenic acid.....mg	0.920		0	4	2.309	2.806	
Vitamin B-6.....mg	0.010		1	1	0.025	0.031	
Folate, total.....mcg	2	0.131	4	1	5	6	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	2	0.131	4	1	5	6	
Folate, DFE.....mcg_DFE	2		0	4	5	6	
Vitamin B-12.....mcg	0.04		0	4	0.10	0.12	
Vitamin A, IU.....IU	244	115.868	4	1	612	744	
Vitamin A, RE.....mcg_RE	24		0	1	60	73	
Vitamin E.....mg_ATE	0.150		0	4	0.377	0.458	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.120		0	1	2.811	3.416	
4:0.....g	0.050		1	1	0.126	0.153	
6:0.....g	0.040		1	1	0.100	0.122	
8:0.....g	0.020		1	1	0.050	0.061	
10:0.....g	0.050		1	1	0.126	0.153	
11:0.....g							
12:0.....g	0.040		1	1	0.100	0.122	
13:0.....g							
14:0.....g	0.160		1	1	0.402	0.488	
15:0.....g							
16:0.....g	0.460		1	1	1.155	1.403	
17:0.....g							
18:0.....g	0.230		0	1	0.577	0.702	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.030		0	1	2.585	3.142	
14:1.....g							
15:1.....g							

NDB No. 06010

Soup, cream of celery, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		1	1		0.126	0.153	
17:1.....g								
18:1 undifferentiated.....g	0.950		1	1		2.385	2.898	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.000		0	1		5.020	6.100	
18:2 undifferentiated.....g	1.940		1	1		4.869	5.917	
18:3 undifferentiated.....g	0.060		1	1		0.151	0.183	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	11		0	1		28	34	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.015		0	1		0.038	0.046	
Threonine.....g	0.047		0	1		0.118	0.143	
Isoleucine.....g	0.062		0	1		0.156	0.189	
Leucine.....g	0.099		0	1		0.248	0.302	
Lysine.....g	0.059		0	1		0.148	0.180	
Methionine.....g	0.024		0	1		0.060	0.073	
Cystine.....g	0.015		0	1		0.038	0.046	
Phenylalanine.....g	0.062		0	1		0.156	0.189	
Tyrosine.....g	0.043		0	1		0.108	0.131	
Valine.....g	0.071		0	1		0.178	0.217	
Arginine.....g	0.047		0	1		0.118	0.143	
Histidine.....g	0.031		0	1		0.078	0.095	
Alanine.....g	0.048		0	1		0.120	0.146	
Aspartic acid.....g	0.092		0	1		0.231	0.281	
Glutamic acid.....g	0.306		0	1		0.768	0.933	
Glycine.....g	0.041		0	1		0.103	0.125	
Proline.....g	0.110		0	1		0.276	0.336	
Serine.....g	0.060		0	1		0.151	0.183	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06011

Soup, cheese, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	77.15	0.477	10	1	198.28	240.71	
Energy.....kcal	121		0	4	311	378	
Energy.....kj	506			4	1301	1580	
Protein (N x 6.25).....g	4.22	0.197	10	1	10.85	13.17	
Total lipid (fat).....g	8.15	0.154	10	1	20.95	25.43	
Ash.....g	2.29	0.041	10	1	5.89	7.14	
Carbohydrate, by difference.....g	8.19		0	4	21.05	25.55	
Fiber, total dietary.....g	0.8		0	4	2.1	2.5	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	111	8.256	10	1	285	346	
Iron, Fe.....mg	0.58	0.095	10	1	1.49	1.81	
Magnesium, Mg.....mg	3		1	1	8	9	
Phosphorus, P.....mg	106		1	1	272	331	
Potassium, K.....mg	120		1	1	308	374	
Sodium, Na.....mg	747	31.843	5	1	1920	2331	
Zinc, Zn.....mg	0.50		1	1	1.29	1.56	
Copper, Cu.....mg	0.100		1	1	0.257	0.312	
Manganese, Mn.....mg	0.200		1	1	0.514	0.624	
Selenium, Se.....mcg	3.6		0	4	9.3	11.2	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		0	1	0.0	0.0	
Thiamin.....mg	0.013	0.001	10	1	0.033	0.041	
Riboflavin.....mg	0.105	0.008	10	1	0.270	0.328	
Niacin.....mg	0.310	0.023	10	1	0.797	0.967	
Pantothenic acid.....mg	0.070		0	4	0.180	0.218	
Vitamin B-6.....mg	0.020		1	1	0.051	0.062	
Folate, total.....mcg	3		0	4	8	9	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	3		0	4	8	9	
Folate, DFE.....mcg_DFE	3		0	4	8	9	
Vitamin B-12.....mcg	0.00		1	1	0.00	0.00	
Vitamin A, IU.....IU	847		1	1	2177	2643	
Vitamin A, RE.....mcg_RE	85		0	1	218	265	
Vitamin E.....mg_ATE	0.160		0	4	0.411	0.499	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	5.190		0	1	13.338	16.193	
4:0.....g	0.260		0	1	0.668	0.811	
6:0.....g	0.130		0	1	0.334	0.406	
8:0.....g	0.070		0	1	0.180	0.218	
10:0.....g	0.150		0	1	0.386	0.468	
11:0.....g							
12:0.....g	0.130		0	1	0.334	0.406	
13:0.....g							
14:0.....g	0.820		0	1	2.107	2.558	
15:0.....g							
16:0.....g	2.410		0	1	6.194	7.519	
17:0.....g							
18:0.....g	0.990		0	1	2.544	3.089	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.310		0	1	5.937	7.207	
14:1.....g							
15:1.....g							

NDB No. 06011

Soup, cheese, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.250		0	1		0.643	0.780	
17:1.....g								
18:1 undifferentiated.....g	1.940		0	1		4.986	6.053	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.230		0	1		0.591	0.718	
18:2 undifferentiated.....g	0.140		0	1		0.360	0.437	
18:3 undifferentiated.....g	0.090		0	1		0.231	0.281	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	23		0	1		59	72	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.056		0	1		0.144	0.175	
Threonine.....g	0.148		0	1		0.380	0.462	
Isoleucine.....g	0.251		0	1		0.645	0.783	
Leucine.....g	0.399		0	1		1.025	1.245	
Lysine.....g	0.296		0	1		0.761	0.924	
Methionine.....g	0.091		0	1		0.234	0.284	
Cystine.....g	0.035		0	1		0.090	0.109	
Phenylalanine.....g	0.217		0	1		0.558	0.677	
Tyrosine.....g	0.194		0	1		0.499	0.605	
Valine.....g	0.296		0	1		0.761	0.924	
Arginine.....g	0.126		0	1		0.324	0.393	
Histidine.....g	0.114		0	1		0.293	0.356	
Alanine.....g	0.137		0	1		0.352	0.427	
Aspartic acid.....g	0.296		0	1		0.761	0.924	
Glutamic acid.....g	1.300		0	1		3.341	4.056	
Glycine.....g	0.091		0	1		0.234	0.284	
Proline.....g	0.445		0	1		1.144	1.388	
Serine.....g	0.194		0	1		0.499	0.605	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257.000g: 1 cup

Measure 2 = 312.000g: 1 can (11 oz), undiluted

Calories Factors: Protein 4.1**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06012

Soup, chicken with dumplings, canned, condensed, commercial

Refuse: 0%

NDB No. 06012

Soup, chicken with dumplings, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	0.210		1	1		0.517	0.626	
19:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.060		0	1		5.068	6.139	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.200		1	1		0.492	0.596	
17:1.....g								
18:1 undifferentiated.....g	1.850		1	1		4.551	5.513	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.060		0	1		2.608	3.159	
18:2 undifferentiated.....g	1.000		1	1		2.460	2.980	
18:3 undifferentiated.....g	0.030		1	1		0.074	0.089	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	27		0	1		66	80	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.044		0	1		0.108	0.131	
Threonine.....g	0.158		0	1		0.389	0.471	
Isoleucine.....g	0.199		0	1		0.490	0.593	
Leucine.....g	0.333		0	1		0.819	0.992	
Lysine.....g	0.308		0	1		0.758	0.918	
Methionine.....g	0.088		0	1		0.216	0.262	
Cystine.....g	0.059		0	1		0.145	0.176	
Phenylalanine.....g	0.182		0	1		0.448	0.542	
Tyrosine.....g	0.117		0	1		0.288	0.349	
Valine.....g	0.226		0	1		0.556	0.673	
Arginine.....g	0.238		0	1		0.585	0.709	
Histidine.....g	0.112		0	1		0.276	0.334	
Alanine.....g	0.281		0	1		0.691	0.837	
Aspartic acid.....g	0.392		0	1		0.964	1.168	
Glutamic acid.....g	1.242		0	1		3.055	3.701	
Glycine.....g	0.336		0	1		0.827	1.001	
Proline.....g	0.301		0	1		0.740	0.897	
Serine.....g	0.155		0	1		0.381	0.462	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1

NDB No. 06012

Soup, chicken with dumplings, canned, condensed, commercial

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06013

Soup, chicken broth, canned, condensed, commercial

Refuse: 0%

NDB No. 06013

Soup, chicken broth, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		0	1		0.151	0.019	0.183
17:1.....g								
18:1 undifferentiated.....g	0.390		0	1		0.979	0.122	1.190
20:1.....g	0.010		0	1		0.025	0.003	0.031
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.220		0	1		0.552	0.069	0.671
18:2 undifferentiated.....g	0.200		0	1		0.502	0.063	0.610
18:3 undifferentiated.....g	0.010		0	1		0.025	0.003	0.031
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	0	3
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 31.400g: 1 fl oz

Measure 3 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06015

Soup, chicken, canned, chunky, ready-to-serve, commercial

Refuse: 0%

NDB No. 06015

Soup, chicken, canned, chunky, ready-to-serve, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.150		0	1		0.360	0.377	0.458
17:1.....g								
18:1 undifferentiated.....g	0.990		0	1		2.376	2.485	3.020
20:1.....g	0.030		0	1		0.072	0.075	0.092
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.550		0	1		1.320	1.381	1.678
18:2 undifferentiated.....g	0.520		0	1		1.248	1.305	1.586
18:3 undifferentiated.....g	0.030		0	1		0.072	0.075	0.092
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	12		0	1		29	30	37
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.049		0	1		0.118	0.123	0.149
Threonine.....g	0.174		0	1		0.418	0.437	0.531
Isoleucine.....g	0.220		0	1		0.528	0.552	0.671
Leucine.....g	0.368		0	1		0.883	0.924	1.122
Lysine.....g	0.340		0	1		0.816	0.853	1.037
Methionine.....g	0.097		0	1		0.233	0.243	0.296
Cystine.....g	0.065		0	1		0.156	0.163	0.198
Phenylalanine.....g	0.201		0	1		0.482	0.505	0.613
Tyrosine.....g	0.130		0	1		0.312	0.326	0.397
Valine.....g	0.250		0	1		0.600	0.628	0.763
Arginine.....g	0.263		0	1		0.631	0.660	0.802
Histidine.....g	0.124		0	1		0.298	0.311	0.378
Alanine.....g	0.311		0	1		0.746	0.781	0.949
Aspartic acid.....g	0.433		0	1		1.039	1.087	1.321
Glutamic acid.....g	1.372		0	1		3.293	3.444	4.185
Glycine.....g	0.372		0	1		0.893	0.934	1.135
Proline.....g	0.333		0	1		0.799	0.836	1.016
Serine.....g	0.171		0	1		0.410	0.429	0.522
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 251.000g: 1 cup (8 fl oz)

Measure 3 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4.1**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06016

Soup, cream of chicken, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	81.75	0.304	17	1	205.19	249.34	
Energy.....kcal	93		0	4	233	284	
Energy.....kj	389			4	977	1187	
Protein (N x 6.25).....g	2.73	0.084	14	1	6.85	8.33	
Total lipid (fat).....g	5.86	0.177	14	1	14.71	17.87	
Ash.....g	2.27	0.025	14	1	5.70	6.92	
Carbohydrate, by difference.....g	7.38		0	4	18.52	22.51	
Fiber, total dietary.....g	0.2		0	4	0.5	0.6	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	27		11	1	68	82	
Iron, Fe.....mg	0.48	0.048	14	1	1.20	1.46	
Magnesium, Mg.....mg	2		1	1	5	6	
Phosphorus, P.....mg	30		2	1	75	92	
Potassium, K.....mg	70		2	1	176	214	
Sodium, Na.....mg	786		2	1	1973	2397	
Zinc, Zn.....mg	0.50		1	1	1.26	1.53	
Copper, Cu.....mg	0.100		1	1	0.251	0.305	
Manganese, Mn.....mg	0.300		1	1	0.753	0.915	
Selenium, Se.....mcg	6.3		0	4	15.8	19.2	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.1	0.014	13	1	0.3	0.3	
Thiamin.....mg	0.023	0.002	13	1	0.058	0.070	
Riboflavin.....mg	0.048	0.003	13	1	0.120	0.146	
Niacin.....mg	0.653	0.027	13	1	1.639	1.992	
Pantothenic acid.....mg	0.170		0	4	0.427	0.519	
Vitamin B-6.....mg	0.013		2	1	0.033	0.040	
Folate, total.....mcg	1	0.197	3	1	3	4	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	1	0.197	3	1	3	4	
Folate, DFE.....mcg_DFE	1		0	4	3	4	
Vitamin B-12.....mcg	0.07		0	4	0.18	0.21	
Vitamin A, IU.....IU	446	31.912	13	1	1119	1360	
Vitamin A, RE.....mcg_RE	45		0	1	113	137	
Vitamin E.....mg_ATE	0.130		0	4	0.326	0.397	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.660		0	1	4.167	5.063	
4:0.....g	0.030		1	1	0.075	0.092	
6:0.....g	0.040		1	1	0.100	0.122	
8:0.....g	0.010		1	1	0.025	0.031	
10:0.....g	0.020		1	1	0.050	0.061	
11:0.....g							
12:0.....g	0.020		1	1	0.050	0.061	
13:0.....g							
14:0.....g	0.110		1	1	0.276	0.336	
15:0.....g							
16:0.....g	1.040		1	1	2.610	3.172	
17:0.....g							
18:0.....g	0.330		1	1	0.828	1.007	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.610		0	1	6.551	7.961	
14:1.....g							
15:1.....g							

NDB No. 06016

Soup, cream of chicken, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.230		1	1		0.577	0.702	
17:1.....g								
18:1 undifferentiated.....g	2.350		1	1		5.899	7.168	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.190		0	1		2.987	3.630	
18:2 undifferentiated.....g	1.120		1	1		2.811	3.416	
18:3 undifferentiated.....g	0.050		1	1		0.126	0.153	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	1		20	24	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.034		0	1		0.085	0.104	
Threonine.....g	0.104		0	1		0.261	0.317	
Isoleucine.....g	0.136		0	1		0.341	0.415	
Leucine.....g	0.210		0	1		0.527	0.641	
Lysine.....g	0.171		0	1		0.429	0.522	
Methionine.....g	0.064		0	1		0.161	0.195	
Cystine.....g	0.040		0	1		0.100	0.122	
Phenylalanine.....g	0.122		0	1		0.306	0.372	
Tyrosine.....g	0.094		0	1		0.236	0.287	
Valine.....g	0.138		0	1		0.346	0.421	
Arginine.....g	0.133		0	1		0.334	0.406	
Histidine.....g	0.073		0	1		0.183	0.223	
Alanine.....g	0.118		0	1		0.296	0.360	
Aspartic acid.....g	0.193		0	1		0.484	0.589	
Glutamic acid.....g	0.621		0	1		1.559	1.894	
Glycine.....g	0.108		0	1		0.271	0.329	
Proline.....g	0.205		0	1		0.515	0.625	
Serine.....g	0.120		0	1		0.301	0.366	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06017

Soup, chicken gumbo, canned, condensed, commercial

Refuse: 0%

NDB No. 06017

Soup, chicken gumbo, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		1	1		0.126	0.153	
17:1.....g								
18:1 undifferentiated.....g	0.460		1	1		1.155	1.403	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.280		0	1		0.703	0.854	
18:2 undifferentiated.....g	0.250		1	1		0.628	0.763	
18:3 undifferentiated.....g	0.010		1	1		0.025	0.031	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		8	9	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.018		0	1		0.045	0.055	
Threonine.....g	0.066		0	1		0.166	0.201	
Isoleucine.....g	0.079		0	1		0.198	0.241	
Leucine.....g	0.134		0	1		0.336	0.409	
Lysine.....g	0.129		0	1		0.324	0.393	
Methionine.....g	0.036		0	1		0.090	0.110	
Cystine.....g	0.014		0	1		0.035	0.043	
Phenylalanine.....g	0.077		0	1		0.193	0.235	
Tyrosine.....g	0.055		0	1		0.138	0.168	
Valine.....g	0.093		0	1		0.233	0.284	
Arginine.....g	0.098		0	1		0.246	0.299	
Histidine.....g	0.046		0	1		0.115	0.140	
Alanine.....g	0.120		0	1		0.301	0.366	
Aspartic acid.....g	0.177		0	1		0.444	0.540	
Glutamic acid.....g	0.529		0	1		1.328	1.613	
Glycine.....g	0.132		0	1		0.331	0.403	
Proline.....g	0.120		0	1		0.301	0.366	
Serine.....g	0.072		0	1		0.181	0.220	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06018

Soup, chicken noodle, canned, chunky, ready-to-serve

Refuse: 0%

NDB No. 06018

Soup, chicken noodle, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.110		1	1		0.264	0.593	
17:1.....g								
18:1 undifferentiated.....g	1.000		1	1		2.400	5.390	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.630		0	1		1.512	3.396	
18:2 undifferentiated.....g	0.630		1	1		1.512	3.396	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	8		1	1		19	43	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.051		0	1		0.122	0.275	
Threonine.....g	0.182		0	1		0.437	0.981	
Isoleucine.....g	0.230		0	1		0.552	1.240	
Leucine.....g	0.385		0	1		0.924	2.075	
Lysine.....g	0.356		0	1		0.854	1.919	
Methionine.....g	0.102		0	1		0.245	0.550	
Cystine.....g	0.068		0	1		0.163	0.367	
Phenylalanine.....g	0.210		0	1		0.504	1.132	
Tyrosine.....g	0.136		0	1		0.326	0.733	
Valine.....g	0.262		0	1		0.629	1.412	
Arginine.....g	0.276		0	1		0.662	1.488	
Histidine.....g	0.130		0	1		0.312	0.701	
Alanine.....g	0.326		0	1		0.782	1.757	
Aspartic acid.....g	0.454		0	1		1.090	2.447	
Glutamic acid.....g	1.437		0	1		3.449	7.745	
Glycine.....g	0.389		0	1		0.934	2.097	
Proline.....g	0.349		0	1		0.838	1.881	
Serine.....g	0.179		0	1		0.430	0.965	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06019

Soup, chicken noodle, canned, condensed, commercial

Refuse: 0%

NDB No. 06019

Soup, chicken noodle, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		1	1		0.123	0.123	0.149
17:1.....g								
18:1 undifferentiated.....g	0.770		1	1		1.894	1.894	2.295
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.410		0	1		1.009	1.009	1.222
18:2 undifferentiated.....g	0.360		1	1		0.886	0.886	1.073
18:3 undifferentiated.....g	0.020		1	1		0.049	0.049	0.060
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0	1		12	12	15
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.031		0	1		0.076	0.076	0.092
Threonine.....g	0.103		0	1		0.253	0.253	0.307
Isoleucine.....g	0.125		0	1		0.308	0.308	0.373
Leucine.....g	0.210		0	1		0.517	0.517	0.626
Lysine.....g	0.175		0	1		0.431	0.431	0.522
Methionine.....g	0.060		0	1		0.148	0.148	0.179
Cystine.....g	0.038		0	1		0.093	0.093	0.113
Phenylalanine.....g	0.130		0	1		0.320	0.320	0.387
Tyrosine.....g	0.084		0	1		0.207	0.207	0.250
Valine.....g	0.139		0	1		0.342	0.342	0.414
Arginine.....g	0.132		0	1		0.325	0.325	0.393
Histidine.....g	0.075		0	1		0.185	0.185	0.224
Alanine.....g	0.149		0	1		0.367	0.367	0.444
Aspartic acid.....g	0.236		0	1		0.581	0.581	0.703
Glutamic acid.....g	0.890		0	1		2.189	2.189	2.652
Glycine.....g	0.151		0	1		0.371	0.371	0.450
Proline.....g	0.208		0	1		0.512	0.512	0.620
Serine.....g	0.116		0	1		0.285	0.285	0.346
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 246.000g: 1 cup (8 fl oz)

Measure 3 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06021

Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve

Refuse: 0%

NDB No. 06021

Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.080		0	1		0.198	0.454	
17:1.....g								
18:1 undifferentiated.....g	0.540		0	1		1.339	3.062	
20:1.....g	0.020		0	1		0.050	0.113	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.300		0	1		0.744	1.701	
18:2 undifferentiated.....g	0.280		0	1		0.694	1.588	
18:3 undifferentiated.....g	0.010		0	1		0.025	0.057	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	23	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 567.000g: 1 can (20 oz)

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06022

Soup, chicken rice, canned, chunky, ready-to-serve**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	86.78	0.220	13	1	208.27	467.74	
Energy.....kcal	53		0	4	127	286	
Energy.....kj	222			4	532	1195	
Protein (N x 6.25).....g	5.11	0.116	10	1	12.26	27.54	
Total lipid (fat).....g	1.33	0.047	10	1	3.19	7.17	
Ash.....g	1.37	0.068	10	1	3.29	7.38	
Carbohydrate, by difference.....g	5.41		0	4	12.98	29.16	
Fiber, total dietary.....g	0.4		0	4	1.0	2.2	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	14	0.991	10	1	34	75	
Iron, Fe.....mg	0.78	0.057	10	1	1.87	4.20	
Magnesium, Mg.....mg	4		0	4	10	22	
Phosphorus, P.....mg	30		0	4	72	162	
Potassium, K.....mg	45		0	4	108	243	
Sodium, Na.....mg	370	7.341	10	1	888	1994	
Zinc, Zn.....mg	0.40		0	4	0.96	2.16	
Copper, Cu.....mg	0.100		0	4	0.240	0.539	
Manganese, Mn.....mg	0.100		0	4	0.240	0.539	
Selenium, Se.....mcg	4.5		0	4	10.8	24.3	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	1.6	0.267	10	1	3.8	8.6	
Thiamin.....mg	0.010	0.000	10	1	0.024	0.054	
Riboflavin.....mg	0.041	0.002	10	1	0.098	0.221	
Niacin.....mg	1.710	0.051	10	1	4.104	9.217	
Pantothenic acid.....mg	0.150		0	4	0.360	0.809	
Vitamin B-6.....mg	0.020		0	4	0.048	0.108	
Folate, total.....mcg	2	0.244	3	1	4	9	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	2	0.244	3	1	4	9	
Folate, DFE.....mcg_DFE	2		0	4	4	9	
Vitamin B-12.....mcg	0.13		0	4	0.31	0.70	
Vitamin A, IU.....IU	2441	226.105	10	1	5858	13157	
Vitamin A, RE.....mcg_RE	244		0	1	586	1315	
Vitamin E.....mg_ATE	0.036		0	4	0.086	0.194	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.400		0	1	0.960	2.156	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.010		0	1	0.024	0.054	
15:0.....g							
16:0.....g	0.290		0	1	0.696	1.563	
17:0.....g							
18:0.....g	0.080		0	1	0.192	0.431	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.600		0	1	1.440	3.234	
14:1.....g							
15:1.....g							

NDB No. 06022

Soup, chicken rice, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.080		0	1		0.192	0.431	
17:1.....g								
18:1 undifferentiated.....g	0.500		0	1		1.200	2.695	
20:1.....g	0.020		0	1		0.048	0.108	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.280		0	1		0.672	1.509	
18:2 undifferentiated.....g	0.260		0	1		0.624	1.401	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.054	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0	1		12	27	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06023

Soup, chicken with rice, canned, condensed, commercial

Refuse: 0%

NDB No. 06023

Soup, chicken with rice, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.060	0.012	3	1		0.148	0.179
17:1.....g							
18:1 undifferentiated.....g	0.680	0.086	3	1		1.673	2.026
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.340		0	1		0.836	1.013
18:2 undifferentiated.....g	0.320	0.043	3	1		0.787	0.954
18:3 undifferentiated.....g	0.010		1	1		0.025	0.030
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	5		0	1		12	15
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.034		0	1		0.084	0.101
Threonine.....g	0.116		0	1		0.285	0.346
Isoleucine.....g	0.145		0	1		0.357	0.432
Leucine.....g	0.221		0	1		0.544	0.659
Lysine.....g	0.204		0	1		0.502	0.608
Methionine.....g	0.075		0	1		0.185	0.224
Cystine.....g	0.041		0	1		0.101	0.122
Phenylalanine.....g	0.123		0	1		0.303	0.367
Tyrosine.....g	0.101		0	1		0.248	0.301
Valine.....g	0.154		0	1		0.379	0.459
Arginine.....g	0.191		0	1		0.470	0.569
Histidine.....g	0.082		0	1		0.202	0.244
Alanine.....g	0.158		0	1		0.389	0.471
Aspartic acid.....g	0.259		0	1		0.637	0.772
Glutamic acid.....g	0.456		0	1		1.122	1.359
Glycine.....g	0.140		0	1		0.344	0.417
Proline.....g	0.122		0	1		0.300	0.364
Serine.....g	0.113		0	1		0.278	0.337
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06024

Soup, chicken vegetable, canned, chunky, ready-to-serve**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	83.44	0.215	7	1	200.26	449.74	
Energy.....kcal	69		0	4	166	372	
Energy.....kj	289			4	693	1556	
Protein (N x 6.25).....g	5.13	0.123	7	1	12.31	27.65	
Total lipid (fat).....g	2.01	0.026	7	1	4.82	10.83	
Ash.....g	1.54	0.092	7	1	3.70	8.30	
Carbohydrate, by difference.....g	7.87		0	4	18.89	42.42	
Fiber, total dietary.....g							
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	11	0.369	7	1	26	59	
Iron, Fe.....mg	0.61	0.040	7	1	1.46	3.29	
Magnesium, Mg.....mg	4		0	4	10	22	
Phosphorus, P.....mg	44		0	4	106	237	
Potassium, K.....mg	153		0	4	367	825	
Sodium, Na.....mg	445		1	1	1068	2399	
Zinc, Zn.....mg	0.90		0	4	2.16	4.85	
Copper, Cu.....mg	0.100		0	4	0.240	0.539	
Manganese, Mn.....mg	0.100		0	4	0.240	0.539	
Selenium, Se.....mcg	5.1		0	4	12.2	27.5	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	2.3	0.184	7	1	5.5	12.4	
Thiamin.....mg	0.017	0.003	7	1	0.041	0.092	
Riboflavin.....mg	0.069	0.003	7	1	0.166	0.372	
Niacin.....mg	1.371	0.036	7	1	3.290	7.390	
Pantothenic acid.....mg	0.140		0	4	0.336	0.755	
Vitamin B-6.....mg	0.040		0	4	0.096	0.216	
Folate, total.....mcg	5		0	4	12	27	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	5		0	4	12	27	
Folate, DFE.....mcg_DFE	5		0	4	12	27	
Vitamin B-12.....mcg	0.10		0	4	0.24	0.54	
Vitamin A, IU.....IU	2496	176.840	7	1	5990	13453	
Vitamin A, RE.....mcg_RE	250		0	1	600	1348	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.600		0	1	1.440	3.234	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.020		0	1	0.048	0.108	
15:0.....g							
16:0.....g	0.440		0	1	1.056	2.372	
17:0.....g							
18:0.....g	0.120		0	1	0.288	0.647	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.900		0	1	2.160	4.851	
14:1.....g							
15:1.....g							

NDB No. 06024

Soup, chicken vegetable, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.120		0	1		0.288	0.647	
17:1.....g								
18:1 undifferentiated.....g	0.750		0	1		1.800	4.043	
20:1.....g	0.020		0	1		0.048	0.108	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.420		0	1		1.008	2.264	
18:2 undifferentiated.....g	0.390		0	1		0.936	2.102	
18:3 undifferentiated.....g	0.020		0	1		0.048	0.108	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	1		17	38	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup (8 fl oz)

Measure 2 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 4.1**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06025

Soup, chicken vegetable, canned, condensed, commercial

Refuse: 0%

NDB No. 06025

Soup, chicken vegetable, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.130		0	1		0.320	0.040	0.387
17:1.....g								
18:1 undifferentiated.....g	0.870		0	1		2.140	0.268	2.593
20:1.....g	0.030		0	1		0.074	0.009	0.089
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.490		0	1		1.205	0.151	1.460
18:2 undifferentiated.....g	0.450		0	1		1.107	0.139	1.341
18:3 undifferentiated.....g	0.020		0	1		0.049	0.006	0.060
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	1		17	2	21
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.025		0	1		0.062	0.008	0.075
Threonine.....g	0.092		0	1		0.226	0.028	0.274
Isoleucine.....g	0.111		0	1		0.273	0.034	0.331
Leucine.....g	0.188		0	1		0.462	0.058	0.560
Lysine.....g	0.181		0	1		0.445	0.056	0.539
Methionine.....g	0.050		0	1		0.123	0.015	0.149
Cystine.....g	0.020		0	1		0.049	0.006	0.060
Phenylalanine.....g	0.108		0	1		0.266	0.033	0.322
Tyrosine.....g	0.077		0	1		0.189	0.024	0.229
Valine.....g	0.130		0	1		0.320	0.040	0.387
Arginine.....g	0.138		0	1		0.339	0.043	0.411
Histidine.....g	0.065		0	1		0.160	0.020	0.194
Alanine.....g	0.168		0	1		0.413	0.052	0.501
Aspartic acid.....g	0.248		0	1		0.610	0.076	0.739
Glutamic acid.....g	0.741		0	1		1.823	0.228	2.208
Glycine.....g	0.185		0	1		0.455	0.057	0.551
Proline.....g	0.169		0	1		0.416	0.052	0.504
Serine.....g	0.101		0	1		0.248	0.031	0.301
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 30.800g: 1 fl oz

Measure 3 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06026

Soup, chili beef, canned, condensed, commercial

Refuse: 0%

NDB No. 06026

Soup, chili beef, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	0.950		0	1		2.499	3.031	
19:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.100		0	1		5.523	6.699	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.210		0	1		0.552	0.670	
17:1.....g								
18:1 undifferentiated.....g	1.810		0	1		4.760	5.774	
20:1.....g	0.020		0	1		0.053	0.064	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.200		0	1		0.526	0.638	
18:2 undifferentiated.....g	0.160		0	1		0.421	0.510	
18:3 undifferentiated.....g	0.030		0	1		0.079	0.096	
18:4.....g								
20:2 n-6,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	10		0	1		26	32	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.054		0	1		0.142	0.172	
Threonine.....g	0.210		0	1		0.552	0.670	
Isoleucine.....g	0.249		0	1		0.655	0.794	
Leucine.....g	0.420		0	1		1.105	1.340	
Lysine.....g	0.347		0	1		0.913	1.107	
Methionine.....g	0.064		0	1		0.168	0.204	
Cystine.....g	0.056		0	1		0.147	0.179	
Phenylalanine.....g	0.284		0	1		0.747	0.906	
Tyrosine.....g	0.152		0	1		0.400	0.485	
Valine.....g	0.280		0	1		0.736	0.893	
Arginine.....g	0.267		0	1		0.702	0.852	
Histidine.....g	0.133		0	1		0.350	0.424	
Alanine.....g	0.254		0	1		0.668	0.810	
Aspartic acid.....g	0.570		0	1		1.499	1.818	
Glutamic acid.....g	0.939		0	1		2.470	2.995	
Glycine.....g	0.246		0	1		0.647	0.785	
Proline.....g	0.230		0	1		0.605	0.734	
Serine.....g	0.252		0	1		0.663	0.804	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263.000g: 1 cup (8 fl oz)

Measure 2 = 319.000g: 1 can (11.25 oz)

Calories Factors: Protein 3.7**Fat 8.9****Carbohydrate 4**

NDB No. 06026

Soup, chili beef, canned, condensed, commercial

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06027

Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Refuse: 0%

NDB No. 06027

Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.072	0.009	0.162
17:1.....g								
18:1 undifferentiated.....g	0.350		0	1		0.840	0.105	1.887
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.050		0	1		0.120	0.015	0.270
18:2 undifferentiated.....g	0.030		0	1		0.072	0.009	0.162
18:3 undifferentiated.....g	0.020		0	1		0.048	0.006	0.108
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	1		14	2	32
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup (8 fl oz)

Measure 2 = 30.000g: 1 fl oz

Measure 3 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06028

Soup, clam chowder, manhattan, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	84.30	0.274	13	1	211.59	257.12	
Energy.....kcal	61		0	4	153	186	
Energy.....kj	255			4	641	778	
Protein (N x 6.25).....g	1.74	0.040	10	1	4.37	5.31	
Total lipid (fat).....g	1.76	0.034	10	1	4.42	5.37	
Ash.....g	2.46	0.045	10	1	6.17	7.50	
Carbohydrate, by difference.....g	9.74		0	4	24.45	29.71	
Fiber, total dietary.....g	1.2		0	4	3.0	3.7	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	19	0.637	10	1	48	58	
Iron, Fe.....mg	1.30	0.137	10	1	3.26	3.97	
Magnesium, Mg.....mg	8		1	1	20	24	
Phosphorus, P.....mg	33		1	1	83	101	
Potassium, K.....mg	150		1	1	377	458	
Sodium, Na.....mg	457	10.400	3	1	1147	1394	
Zinc, Zn.....mg	0.74		2	1	1.86	2.26	
Copper, Cu.....mg	0.100		1	1	0.251	0.305	
Manganese, Mn.....mg	0.300		1	1	0.753	0.915	
Selenium, Se.....mcg	7.5		0	4	18.8	22.9	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	3.2	0.291	10	1	8.0	9.8	
Thiamin.....mg	0.024	0.002	10	1	0.060	0.073	
Riboflavin.....mg	0.032	0.002	10	1	0.080	0.098	
Niacin.....mg	0.650	0.031	10	1	1.632	1.983	
Pantothenic acid.....mg	0.150		0	1	0.377	0.458	
Vitamin B-6.....mg	0.080		1	1	0.201	0.244	
Folate, total.....mcg	8	0.736	3	1	20	24	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	8	0.736	3	1	20	24	
Folate, DFE.....mcg_DFE	8		0	4	20	24	
Vitamin B-12.....mcg	3.23		1	1	8.11	9.85	
Vitamin A, IU.....IU	767	27.161	10	1	1925	2339	
Vitamin A, RE.....mcg_RE	77		0	1	193	235	
Vitamin E.....mg_ATE	0.581		0	4	1.458	1.772	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.305		0	1	0.766	0.930	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.010		1	1	0.025	0.031	
15:0.....g							
16:0.....g	0.244		1	1	0.612	0.744	
17:0.....g							
18:0.....g	0.051		1	1	0.128	0.156	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.305		0	1	0.766	0.930	
14:1.....g							
15:1.....g							

NDB No. 06028

Soup, clam chowder, manhattan, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		1	1		0.025	0.031	
17:1.....g								
18:1 undifferentiated.....g	0.295		1	1		0.740	0.900	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.027		0	1		2.578	3.132	
18:2 undifferentiated.....g	0.956		1	1		2.400	2.916	
18:3 undifferentiated.....g	0.071		1	1		0.178	0.217	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	6	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06030

Soup, clam chowder, new england, canned, condensed, commercial

Refuse: 0%

NDB No. 06030

Soup, clam chowder, new england, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.031	
17:1.....g								
18:1 undifferentiated.....g	0.850		0	1		2.134	2.593	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.750		0	1		1.883	2.288	
18:2 undifferentiated.....g	0.700		0	1		1.757	2.135	
18:3 undifferentiated.....g	0.050		0	1		0.126	0.153	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.048		0	1		0.120	0.146	
Threonine.....g	0.134		0	1		0.336	0.409	
Isoleucine.....g	0.165		0	1		0.414	0.503	
Leucine.....g	0.258		0	1		0.648	0.787	
Lysine.....g	0.227		0	1		0.570	0.692	
Methionine.....g	0.082		0	1		0.206	0.250	
Cystine.....g	0.051		0	1		0.128	0.156	
Phenylalanine.....g	0.144		0	1		0.361	0.439	
Tyrosine.....g	0.114		0	1		0.286	0.348	
Valine.....g	0.175		0	1		0.439	0.534	
Arginine.....g	0.207		0	1		0.520	0.631	
Histidine.....g	0.124		0	1		0.311	0.378	
Alanine.....g	0.227		0	1		0.570	0.692	
Aspartic acid.....g	0.402		0	1		1.009	1.226	
Glutamic acid.....g	1.258		0	1		3.158	3.837	
Glycine.....g	0.207		0	1		0.520	0.631	
Proline.....g	0.165		0	1		0.414	0.503	
Serine.....g	0.124		0	1		0.311	0.378	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06031

Soup, LIPTON, KETTLE CREATIONS PASTA & BEAN, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		1.40		
Energy.....kcal	358		0	9		125		
Energy.....kj	1498			9		524		
Protein.....g	16.34		0	9		5.72		
Total lipid (fat).....g	3.86		0	9		1.35		
Ash.....g	10.50		0	4		3.68		
Carbohydrate, by difference.....g	65.30		0	9		22.86		
Fiber, total dietary.....g	12.5		0	9		4.4		
Sugars, total.....g	5.16		0	9		1.81		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	114		0	9		40		
Iron, Fe.....mg	3.89		0	9		1.36		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	1981		0	9		693		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	5.0		0	9		1.8		
Thiamin.....mg	0.495		0	9		0.173		
Riboflavin.....mg	0.238		0	9		0.083		
Niacin.....mg	2.988		0	9		1.046		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	132		0	9		46		
Folic acid.....mcg	62		0	4		22		
Folate, food.....mcg	70		0	4		25		
Folate, DFE.....mcg_DFE	175		0	4		61		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	1185		0	9		415		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.923		0	9		0.323		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	4		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06032

Soup, beef broth bouillon and consomme, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	92.60	0.351	13	1	227.80	275.95	
Energy.....kcal	24		0	4	59	72	
Energy.....kj	100			4	247	299	
Protein (N x 6.25).....g	4.37	0.234	10	1	10.75	13.02	
Total lipid (fat).....g	0.00	0.000	10	1	0.00	0.00	
Ash.....g	1.59	0.031	10	1	3.91	4.74	
Carbohydrate, by difference.....g	1.44		0	4	3.54	4.29	
Fiber, total dietary.....g	0.0		0	4	0.0	0.0	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	7	0.458	10	1	17	21	
Iron, Fe.....mg	0.43	0.050	10	1	1.06	1.28	
Magnesium, Mg.....mg	0		1	1	0	0	
Phosphorus, P.....mg	26		1	1	64	77	
Potassium, K.....mg	125		1	1	308	373	
Sodium, Na.....mg	520	21.737	5	1	1279	1550	
Zinc, Zn.....mg	0.30		1	1	0.74	0.89	
Copper, Cu.....mg	0.200		1	1	0.492	0.596	
Manganese, Mn.....mg	0.300		1	1	0.738	0.894	
Selenium, Se.....mcg	2.1		0	4	5.2	6.3	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.7	0.167	9	1	1.7	2.1	
Thiamin.....mg	0.017	0.001	10	1	0.042	0.051	
Riboflavin.....mg	0.023	0.001	10	1	0.057	0.069	
Niacin.....mg	0.580	0.051	10	1	1.427	1.728	
Pantothenic acid.....mg	0.040		0	4	0.098	0.119	
Vitamin B-6.....mg	0.020		1	1	0.049	0.060	
Folate, total.....mcg	2	0.422	3	1	6	7	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	2	0.422	3	1	6	7	
Folate, DFE.....mcg_DFE	2		0	4	6	7	
Vitamin B-12.....mcg	0.00		1	1	0.00	0.00	
Vitamin A, IU.....IU	0	0.000	10	1	0	0	
Vitamin A, RE.....mcg_RE	0		0	4	0	0	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.000		0	4	0.000	0.000	
Fatty acids, total monounsaturated.....g							
Fatty acids, total polyunsaturated.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	1	0	0	
Phytosterols.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

NDB No. 06032

Soup, beef broth bouillon and consomme, canned, condensed, commercial

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06033

Soup, LIPTON, RECIPE SECRETS ONION, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.28		
Energy.....kcal	263		0	9		18		
Energy.....kj	1100			9		77		
Protein.....g	6.58		0	9		0.46		
Total lipid (fat).....g	1.90		0	9		0.13		
Ash.....g	25.97		0	4		1.82		
Carbohydrate, by difference.....g	61.55		0	9		4.31		
Fiber, total dietary.....g	5.9		0	9		0.4		
Sugars, total.....g	4.61		0	9		0.32		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	207		0	9		14		
Iron, Fe.....mg	1.74		0	9		0.12		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	8711		0	9		610		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	11.6		0	9		0.8		
Thiamin.....mg	0.200		0	9		0.014		
Riboflavin.....mg	0.300		0	9		0.021		
Niacin.....mg	0.550		0	9		0.039		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	0		0	7		0		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.340		0	9		0.024		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06034

Soup, crab, canned, ready-to-serve

Refuse: 0%

NDB No. 06034

Soup, crab, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g								
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.160		0	1		0.390	0.590	
18:2 undifferentiated.....g	0.150		0	1		0.366	0.554	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.037	
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10		15
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 369.000g: 1 can (13 oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06035

Soup, escarole, canned, ready-to-serve

Refuse: 0%

NDB No. 06035

Soup, escarole, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.099	0.221	
17:1.....g								
18:1 undifferentiated.....g	0.270		0	1		0.670	1.493	
20:1.....g	0.010		0	1		0.025	0.055	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.150		0	1		0.372	0.830	
18:2 undifferentiated.....g	0.140		0	1		0.347	0.774	
18:3 undifferentiated.....g	0.010		0	1		0.025	0.055	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	6	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 553.000g: 1 can (19.5 oz)

Calories Factors: Protein 4.1

Fat 9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06036

Soup, gazpacho, canned, ready-to-serve

Refuse: 0%

NDB No. 06036

Soup, gazpacho, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	4		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.008		0	4		0.020	0.030	
20:1.....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.030		0	4		0.073	0.111	
18:2 undifferentiated.....g	0.022		0	4		0.054	0.081	
18:3 undifferentiated.....g	0.003		0	4		0.007	0.011	
18:4.....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	
20:5 n-3.....g	0.000		0	4		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	
22:6 n-3.....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 369.000g: 1 can (13 oz)

Calories Factors: Protein 3.9

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06037

Soup, lentil with ham, canned, ready-to-serve

Refuse: 0%

NDB No. 06037

Soup, lentil with ham, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.074	0.170	
17:1.....g								
18:1 undifferentiated.....g	0.470		0	1		1.166	2.665	
20:1.....g	0.010		0	1		0.025	0.057	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.130		0	1		0.322	0.737	
18:2 undifferentiated.....g	0.120		0	1		0.298	0.680	
18:3 undifferentiated.....g	0.010		0	1		0.025	0.057	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		7		17
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 567.000g: 1 can (20 oz)

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06039

Soup, minestrone, canned, chunky, ready-to-serve

Refuse: 0%

NDB No. 06039

Soup, minestrone, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.048	0.108	0.108
17:1.....g								
18:1 undifferentiated.....g	0.350		0	1		0.840	1.887	1.887
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.110		0	1		0.264	0.593	0.593
18:2 undifferentiated.....g	0.090		0	1		0.216	0.485	0.485
18:3 undifferentiated.....g	0.020		0	1		0.048	0.108	0.108
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	11	11
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 539.000g: 1 can (19 oz)

Measure 3 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06040

Soup, minestrone, canned, condensed, commercial

Refuse: 0%

NDB No. 06040

Soup, minestrone, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		1	1		0.025	0.030	
17:1.....g								
18:1 undifferentiated.....g	0.540		1	1		1.328	1.609	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.910		0	1		2.239	2.712	
18:2 undifferentiated.....g	0.790		1	1		1.943	2.354	
18:3 undifferentiated.....g	0.110		1	1		0.271	0.328	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	3	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.025		0	1		0.062	0.075	
Threonine.....g	0.085		0	1		0.209	0.253	
Isoleucine.....g	0.106		0	1		0.261	0.316	
Leucine.....g	0.192		0	1		0.472	0.572	
Lysine.....g	0.149		0	1		0.367	0.444	
Methionine.....g	0.036		0	1		0.089	0.107	
Cystine.....g	0.027		0	1		0.066	0.080	
Phenylalanine.....g	0.125		0	1		0.308	0.373	
Tyrosine.....g	0.069		0	1		0.170	0.206	
Valine.....g	0.146		0	1		0.359	0.435	
Arginine.....g	0.161		0	1		0.396	0.480	
Histidine.....g	0.060		0	1		0.148	0.179	
Alanine.....g	0.202		0	1		0.497	0.602	
Aspartic acid.....g	0.299		0	1		0.736	0.891	
Glutamic acid.....g	0.996		0	1		2.450	2.968	
Glycine.....g	0.320		0	1		0.787	0.954	
Proline.....g	0.265		0	1		0.652	0.790	
Serine.....g	0.118		0	1		0.290	0.352	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06042

Soup, mushroom barley, canned, condensed, commercial

Refuse: 0%

NDB No. 06042

Soup, mushroom barley, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g								
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.570		0	1		1.431	1.739	
18:2 undifferentiated.....g	0.540		0	1		1.355	1.647	
18:3 undifferentiated.....g	0.030		0	1		0.075	0.092	
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06043

Soup, cream of mushroom, canned, condensed, commercial

Refuse: 0%

NDB No. 06043

Soup, cream of mushroom, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		1	1		0.151	0.151	0.183
17:1.....g								
18:1 undifferentiated.....g	1.360		1	1		3.414	3.414	4.148
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.550		0	1		8.911	8.911	10.828
18:2 undifferentiated.....g	3.520		1	1		8.835	8.835	10.736
18:3 undifferentiated.....g	0.030		1	1		0.075	0.075	0.092
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	3	3
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.023		0	1		0.058	0.058	0.070
Threonine.....g	0.062		0	1		0.156	0.156	0.189
Isoleucine.....g	0.077		0	1		0.193	0.193	0.235
Leucine.....g	0.126		0	1		0.316	0.316	0.384
Lysine.....g	0.087		0	1		0.218	0.218	0.265
Methionine.....g	0.031		0	1		0.078	0.078	0.095
Cystine.....g	0.020		0	1		0.050	0.050	0.061
Phenylalanine.....g	0.074		0	1		0.186	0.186	0.226
Tyrosine.....g	0.060		0	1		0.151	0.151	0.183
Valine.....g	0.086		0	1		0.216	0.216	0.262
Arginine.....g	0.067		0	1		0.168	0.168	0.204
Histidine.....g	0.037		0	1		0.093	0.093	0.113
Alanine.....g	0.064		0	1		0.161	0.161	0.195
Aspartic acid.....g	0.113		0	1		0.284	0.284	0.345
Glutamic acid.....g	0.368		0	1		0.924	0.924	1.122
Glycine.....g	0.052		0	1		0.131	0.131	0.159
Proline.....g	0.136		0	1		0.341	0.341	0.415
Serine.....g	0.081		0	1		0.203	0.203	0.247
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 251.000g: 1 cup (8 fl oz)

Measure 3 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06044

Soup, mushroom with beef stock, canned, condensed, commercial

Refuse: 0%

NDB No. 06044

Soup, mushroom with beef stock, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.070		1	1		0.176	0.214	0.088
17:1.....g								
18:1 undifferentiated.....g	1.010		1	1		2.535	3.081	1.273
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.620		0	1		1.556	1.891	0.781
18:2 undifferentiated.....g	0.540		1	1		1.355	1.647	0.680
18:3 undifferentiated.....g	0.080		1	1		0.201	0.244	0.101
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	1		15	18	8
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Measure 3 = 126.000g: .5 cup

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06045

Soup, onion, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	86.35	0.244	13	1	212.42	257.32	
Energy.....kcal	46		0	4	113	137	
Energy.....kj	192			4	473	574	
Protein (N x 6.25).....g	3.06	0.107	10	1	7.53	9.12	
Total lipid (fat).....g	1.42	0.195	10	1	3.49	4.23	
Ash.....g	2.49	0.038	10	1	6.13	7.42	
Carbohydrate, by difference.....g	6.68		0	4	16.43	19.91	
Fiber, total dietary.....g	0.7		0	4	1.7	2.1	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	22	1.368	10	1	54	66	
Iron, Fe.....mg	0.55	0.096	10	1	1.35	1.64	
Magnesium, Mg.....mg	2		1	1	5	6	
Phosphorus, P.....mg	9		1	1	22	27	
Potassium, K.....mg	56		1	1	138	167	
Sodium, Na.....mg	860	39.623	5	1	2116	2563	
Zinc, Zn.....mg	0.50		1	1	1.23	1.49	
Copper, Cu.....mg	0.100		1	1	0.246	0.298	
Manganese, Mn.....mg	0.200		1	1	0.492	0.596	
Selenium, Se.....mcg	3.5		0	4	8.6	10.4	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	1.0	0.000	10	1	2.5	3.0	
Thiamin.....mg	0.027	0.001	10	1	0.066	0.080	
Riboflavin.....mg	0.020	0.001	10	1	0.049	0.060	
Niacin.....mg	0.490	0.023	10	1	1.205	1.460	
Pantothenic acid.....mg	0.000		0	4	0.000	0.000	
Vitamin B-6.....mg	0.040		1	1	0.098	0.119	
Folate, total.....mcg	12	0.688	3	1	31	37	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	12	0.688	3	1	31	37	
Folate, DFE.....mcg_DFE	12		0	4	31	37	
Vitamin B-12.....mcg	0.00		1	1	0.00	0.00	
Vitamin A, IU.....IU	0	0.000	10	1	0	0	
Vitamin A, RE.....mcg_RE	0		0	1	0	0	
Vitamin E.....mg_ATE	0.230		0	4	0.566	0.685	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.210		0	1	0.517	0.626	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.140		0	1	0.344	0.417	
17:0.....g							
18:0.....g	0.070		0	1	0.172	0.209	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.610		0	1	1.501	1.818	
14:1.....g							
15:1.....g							

NDB No. 06045

Soup, onion, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.030	
17:1.....g								
18:1 undifferentiated.....g	0.600		0	1		1.476	1.788	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.530		0	1		1.304	1.579	
18:2 undifferentiated.....g	0.500		0	1		1.230	1.490	
18:3 undifferentiated.....g	0.040		0	1		0.098	0.119	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 2.5

Fat 8.5

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06046

Soup, cream of onion, canned, condensed, commercial

Refuse: 0%

NDB No. 06046

Soup, cream of onion, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	1.620		0	1		4.066	4.941	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.160		0	1		2.912	3.538	
18:2 undifferentiated.....g	1.070		0	1		2.686	3.264	
18:3 undifferentiated.....g	0.080		0	1		0.201	0.244	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	12		0	1		30	37	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06048

Soup, oyster stew, canned, condensed, commercial

Refuse: 0%

NDB No. 06048

Soup, oyster stew, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		1	1		0.098	0.119	
17:1.....g								
18:1 undifferentiated.....g	0.660		1	1		1.624	1.967	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.130		0	1		0.320	0.387	
18:2 undifferentiated.....g	0.100		1	1		0.246	0.298	
18:3 undifferentiated.....g	0.020		1	1		0.049	0.060	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	11		0	1		27	33	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06049

Soup, pea, green, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	68.54	0.483	17	1	180.26	218.64	
Energy.....kcal	125		0	4	329	399	
Energy.....kj	523			4	1375	1668	
Protein (N x 6.25).....g	6.54	0.187	14	1	17.20	20.86	
Total lipid (fat).....g	2.23	0.293	14	1	5.86	7.11	
Ash.....g	2.51	0.055	14	1	6.60	8.01	
Carbohydrate, by difference.....g	20.18		0	4	53.07	64.37	
Fiber, total dietary.....g	2.2		0	4	5.8	7.0	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	21		11	1	55	67	
Iron, Fe.....mg	1.48	0.088	14	1	3.89	4.72	
Magnesium, Mg.....mg	30		1	1	79	96	
Phosphorus, P.....mg	95		2	1	250	303	
Potassium, K.....mg	145		2	1	381	463	
Sodium, Na.....mg	698		0	4	1836	2227	
Zinc, Zn.....mg	1.30		1	1	3.42	4.15	
Copper, Cu.....mg	0.288		2	1	0.757	0.919	
Manganese, Mn.....mg	0.500		1	1	1.315	1.595	
Selenium, Se.....mcg	7.4		0	4	19.5	23.6	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	1.3	0.134	13	1	3.4	4.1	
Thiamin.....mg	0.082	0.005	14	1	0.216	0.262	
Riboflavin.....mg	0.052	0.003	14	1	0.137	0.166	
Niacin.....mg	0.943	0.050	14	1	2.480	3.008	
Pantothenic acid.....mg	0.100		0	4	0.263	0.319	
Vitamin B-6.....mg	0.040		1	1	0.105	0.128	
Folate, total.....mcg	1	0.135	4	1	4	4	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	1	0.135	4	1	4	4	
Folate, DFE.....mcg_DFE	1		0	4	4	4	
Vitamin B-12.....mcg	0.00		1	1	0.00	0.00	
Vitamin A, IU.....IU	153	19.072	13	1	402	488	
Vitamin A, RE.....mcg_RE	15		0	1	39	48	
Vitamin E.....mg_ATE	0.099		0	4	0.260	0.316	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.070		0	1	2.814	3.413	
4:0.....g	0.050		0	1	0.132	0.160	
6:0.....g	0.030		0	1	0.079	0.096	
8:0.....g	0.020		0	1	0.053	0.064	
10:0.....g	0.040		0	1	0.105	0.128	
11:0.....g							
12:0.....g	0.040		0	1	0.105	0.128	
13:0.....g							
14:0.....g	0.150		0	1	0.395	0.479	
15:0.....g							
16:0.....g	0.480		0	1	1.262	1.531	
17:0.....g							
18:0.....g	0.240		0	1	0.631	0.766	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.760		0	1	1.999	2.424	
14:1.....g							
15:1.....g							

NDB No. 06049

Soup, pea, green, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.079	0.096	
17:1.....g								
18:1 undifferentiated.....g	0.710		0	1		1.867	2.265	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.290		0	1		0.763	0.925	
18:2 undifferentiated.....g	0.260		0	1		0.684	0.829	
18:3 undifferentiated.....g	0.030		0	1		0.079	0.096	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.055		0	1		0.145	0.175	
Threonine.....g	0.231		0	1		0.608	0.737	
Isoleucine.....g	0.226		0	1		0.594	0.721	
Leucine.....g	0.473		0	1		1.244	1.509	
Lysine.....g	0.388		0	1		1.020	1.238	
Methionine.....g	0.079		0	1		0.208	0.252	
Cystine.....g	0.061		0	1		0.160	0.195	
Phenylalanine.....g	0.287		0	1		0.755	0.916	
Tyrosine.....g	0.191		0	1		0.502	0.609	
Valine.....g	0.336		0	1		0.884	1.072	
Arginine.....g	0.538		0	1		1.415	1.716	
Histidine.....g	0.130		0	1		0.342	0.415	
Alanine.....g	0.282		0	1		0.742	0.900	
Aspartic acid.....g	0.669		0	1		1.759	2.134	
Glutamic acid.....g	1.231		0	1		3.238	3.927	
Glycine.....g	0.261		0	1		0.686	0.833	
Proline.....g	0.337		0	1		0.886	1.075	
Serine.....g	0.264		0	1		0.694	0.842	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263.000g: 1 cup (8 fl oz)

Measure 2 = 319.000g: 1 can (11.25 oz)

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Refuse: 0%

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.072	0.162	
17:1.....g								
18:1 undifferentiated.....g	0.630		0	1		1.512	3.396	
20:1.....g	0.010		0	1		0.024	0.054	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.240		0	1		0.576	1.294	
18:2 undifferentiated.....g	0.220		0	1		0.528	1.186	
18:3 undifferentiated.....g	0.020		0	1		0.048	0.108	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		7	16	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.046		0	1		0.110	0.248	
Threonine.....g	0.163		0	1		0.391	0.879	
Isoleucine.....g	0.195		0	1		0.468	1.051	
Leucine.....g	0.319		0	1		0.766	1.719	
Lysine.....g	0.312		0	1		0.749	1.682	
Methionine.....g	0.062		0	1		0.149	0.334	
Cystine.....g	0.060		0	1		0.144	0.323	
Phenylalanine.....g	0.204		0	1		0.490	1.100	
Tyrosine.....g	0.143		0	1		0.343	0.771	
Valine.....g	0.219		0	1		0.526	1.180	
Arginine.....g	0.316		0	1		0.758	1.703	
Histidine.....g	0.097		0	1		0.233	0.523	
Alanine.....g	0.216		0	1		0.518	1.164	
Aspartic acid.....g	0.471		0	1		1.130	2.539	
Glutamic acid.....g	0.783		0	1		1.879	4.220	
Glycine.....g	0.223		0	1		0.535	1.202	
Proline.....g	0.210		0	1		0.504	1.132	
Serine.....g	0.199		0	1		0.478	1.073	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06051

Soup, pea, split with ham, canned, condensed, commercial

Refuse: 0%

NDB No. 06051

Soup, pea, split with ham, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		0	1		0.161	0.196	
17:1.....g								
18:1 undifferentiated.....g	1.250		0	1		3.363	4.075	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.470		0	1		1.264	1.532	
18:2 undifferentiated.....g	0.430		0	1		1.157	1.402	
18:3 undifferentiated.....g	0.040		0	1		0.108	0.130	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	1		16	20	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.076		0	1		0.204	0.248	
Threonine.....g	0.271		0	1		0.729	0.883	
Isoleucine.....g	0.324		0	1		0.872	1.056	
Leucine.....g	0.529		0	1		1.423	1.725	
Lysine.....g	0.518		0	1		1.393	1.689	
Methionine.....g	0.103		0	1		0.277	0.336	
Cystine.....g	0.099		0	1		0.266	0.323	
Phenylalanine.....g	0.339		0	1		0.912	1.105	
Tyrosine.....g	0.238		0	1		0.640	0.776	
Valine.....g	0.365		0	1		0.982	1.190	
Arginine.....g	0.524		0	1		1.410	1.708	
Histidine.....g	0.161		0	1		0.433	0.525	
Alanine.....g	0.359		0	1		0.966	1.170	
Aspartic acid.....g	0.782		0	1		2.104	2.549	
Glutamic acid.....g	1.302		0	1		3.502	4.245	
Glycine.....g	0.371		0	1		0.998	1.209	
Proline.....g	0.349		0	1		0.939	1.138	
Serine.....g	0.330		0	1		0.888	1.076	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269.000g: 1 cup (8 fl oz)

Measure 2 = 326.000g: 1 can (11.5 oz)

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06052

Soup, pepperpot, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	80.62	0.246	10	1	198.33	240.25	
Energy.....kcal	84		0	4	207	250	
Energy.....kj	351			4	865	1047	
Protein (N x 6.25).....g	5.19	0.102	10	1	12.77	15.47	
Total lipid (fat).....g	3.78	0.158	10	1	9.30	11.26	
Ash.....g	2.75	0.090	10	1	6.77	8.20	
Carbohydrate, by difference.....g	7.66		0	4	18.84	22.83	
Fiber, total dietary.....g	0.4		0	4	1.0	1.2	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	19	1.242	10	1	47	57	
Iron, Fe.....mg	0.73	0.040	10	1	1.80	2.18	
Magnesium, Mg.....mg	4		1	1	10	12	
Phosphorus, P.....mg	34		1	1	84	101	
Potassium, K.....mg	124		1	1	305	370	
Sodium, Na.....mg	792	6.442	5	1	1948	2360	
Zinc, Zn.....mg	1.00		1	1	2.46	2.98	
Copper, Cu.....mg	0.100		1	1	0.246	0.298	
Manganese, Mn.....mg	0.500		1	1	1.230	1.490	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	1.1	0.143	7	1	2.7	3.3	
Thiamin.....mg	0.043	0.001	10	1	0.106	0.128	
Riboflavin.....mg	0.039	0.000	10	1	0.096	0.116	
Niacin.....mg	1.000	0.033	10	1	2.460	2.980	
Pantothenic acid.....mg	0.280		0	4	0.689	0.834	
Vitamin B-6.....mg	0.050		1	1	0.123	0.149	
Folate, total.....mcg	8		0	4	20	24	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	8		0	4	20	24	
Folate, DFE.....mcg_DFE	8		0	4	20	24	
Vitamin B-12.....mcg	0.14		1	1	0.34	0.42	
Vitamin A, IU.....IU	706	129.120	10	1	1737	2104	
Vitamin A, RE.....mcg_RE	71		0	1	175	212	
Vitamin E.....mg_ATE							
Tocopherol, alpha.....mg	0.07		0	4	0.17	0.21	
Tocopherol, beta.....mg							
Tocopherol, gamma.....mg							
Tocopherol, delta.....mg							
Tocotrienol, alpha.....mg							
Tocotrienol, beta.....mg							
Tocotrienol, gamma.....mg							
Tocotrienol, delta.....mg							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.680		0	1	4.133	5.006	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.020		0	1	0.049	0.060	
13:0.....g							
14:0.....g	0.100		0	1	0.246	0.298	
15:0.....g							
16:0.....g	0.920		0	1	2.263	2.742	
17:0.....g							

NDB No. 06052

Soup, pepperpot, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	0.610		0	1		1.501	1.818	
19:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.640		0	1		4.034	4.887	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.130		0	1		0.320	0.387	
17:1.....g								
18:1 undifferentiated.....g	1.460		0	1		3.592	4.351	
20:1.....g	0.030		0	1		0.074	0.089	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.290		0	1		0.713	0.864	
18:2 undifferentiated.....g	0.250		0	1		0.615	0.745	
18:3 undifferentiated.....g	0.030		0	1		0.074	0.089	
18:4.....g								
20:2 n-6,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	1		20	24	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.034		0	1		0.084	0.101	
Threonine.....g	0.159		0	1		0.391	0.474	
Isoleucine.....g	0.191		0	1		0.470	0.569	
Leucine.....g	0.328		0	1		0.807	0.977	
Lysine.....g	0.254		0	1		0.625	0.757	
Methionine.....g	0.074		0	1		0.182	0.221	
Cystine.....g	0.050		0	1		0.123	0.149	
Phenylalanine.....g	0.191		0	1		0.470	0.569	
Tyrosine.....g	0.127		0	1		0.312	0.378	
Valine.....g	0.243		0	1		0.598	0.724	
Arginine.....g	0.403		0	1		0.991	1.201	
Histidine.....g	0.074		0	1		0.182	0.221	
Alanine.....g	0.381		0	1		0.937	1.135	
Aspartic acid.....g	0.455		0	1		1.119	1.356	
Glutamic acid.....g	0.921		0	1		2.266	2.745	
Glycine.....g	0.688		0	1		1.692	2.050	
Proline.....g	0.487		0	1		1.198	1.451	
Serine.....g	0.191		0	1		0.470	0.569	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 3.8**Fat 9****Carbohydrate 4**

NDB No. 06052

Soup, pepperpot, canned, condensed, commercial

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06053

Soup, cream of potato, canned, condensed

Refuse: 0%

NDB No. 06053

Soup, cream of potato, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		1	1		0.050	0.061	
17:1.....g								
18:1 undifferentiated.....g	0.390		1	1		0.979	1.190	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.330		0	1		0.828	1.007	
18:2 undifferentiated.....g	0.300		1	1		0.753	0.915	
18:3 undifferentiated.....g	0.030		1	1		0.075	0.092	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0	1		13	15	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.020		0	1		0.050	0.061	
Threonine.....g	0.049		0	1		0.123	0.149	
Isoleucine.....g	0.061		0	1		0.153	0.186	
Leucine.....g	0.094		0	1		0.236	0.287	
Lysine.....g	0.066		0	1		0.166	0.201	
Methionine.....g	0.024		0	1		0.060	0.073	
Cystine.....g	0.022		0	1		0.055	0.067	
Phenylalanine.....g	0.066		0	1		0.166	0.201	
Tyrosine.....g	0.049		0	1		0.123	0.149	
Valine.....g	0.074		0	1		0.186	0.226	
Arginine.....g	0.060		0	1		0.151	0.183	
Histidine.....g	0.031		0	1		0.078	0.095	
Alanine.....g	0.043		0	1		0.108	0.131	
Aspartic acid.....g	0.203		0	1		0.510	0.619	
Glutamic acid.....g	0.330		0	1		0.828	1.007	
Glycine.....g	0.043		0	1		0.108	0.131	
Proline.....g	0.103		0	1		0.259	0.314	
Serine.....g	0.067		0	1		0.168	0.204	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06055

Soup, scotch broth, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	83.78	0.159	10	1	206.10	249.66	
Energy.....kcal	66		0	4	162	197	
Energy.....kj	276			4	679	823	
Protein (N x 6.25).....g	4.05	0.091	10	1	9.96	12.07	
Total lipid (fat).....g	2.14	0.040	10	1	5.26	6.38	
Ash.....g	2.30	0.021	10	1	5.66	6.85	
Carbohydrate, by difference.....g	7.73		0	4	19.02	23.04	
Fiber, total dietary.....g	1.0		0	4	2.4	2.9	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	12	0.517	10	1	30	36	
Iron, Fe.....mg	0.68	0.053	10	1	1.67	2.03	
Magnesium, Mg.....mg	3		1	1	7	9	
Phosphorus, P.....mg	45		1	1	111	134	
Potassium, K.....mg	130		1	1	320	387	
Sodium, Na.....mg	826	28.346	5	1	2032	2461	
Zinc, Zn.....mg	1.30		1	1	3.20	3.87	
Copper, Cu.....mg	0.200		1	1	0.492	0.596	
Manganese, Mn.....mg	0.300		1	1	0.738	0.894	
Selenium, Se.....mcg	2.2		0	4	5.4	6.6	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.7	0.153	10	1	1.7	2.1	
Thiamin.....mg	0.015	0.001	10	1	0.037	0.045	
Riboflavin.....mg	0.037	0.003	10	1	0.091	0.110	
Niacin.....mg	0.950	0.045	10	1	2.337	2.831	
Pantothenic acid.....mg	0.280		0	4	0.689	0.834	
Vitamin B-6.....mg	0.060		1	1	0.148	0.179	
Folate, total.....mcg	8		0	4	20	24	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	8		0	4	20	24	
Folate, DFE.....mcg_DFE	8		0	4	20	24	
Vitamin B-12.....mcg	0.22		1	1	0.54	0.66	
Vitamin A, IU.....IU	1779	252.003	10	1	4376	5301	
Vitamin A, RE.....mcg_RE	178		0	1	438	530	
Vitamin E.....mg_ATE							
Tocopherol, alpha.....mg	0.06		0	4	0.15	0.18	
Tocopherol, beta.....mg							
Tocopherol, gamma.....mg							
Tocopherol, delta.....mg							
Tocotrienol, alpha.....mg							
Tocotrienol, beta.....mg							
Tocotrienol, gamma.....mg							
Tocotrienol, delta.....mg							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.910		0	1	2.239	2.712	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.050		1	1	0.123	0.149	
15:0.....g							
16:0.....g	0.410		1	1	1.009	1.222	
17:0.....g							

NDB No. 06055

Soup, scotch broth, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	0.390		1	1		0.959	1.162	
19:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.630		0	1		1.550	1.877	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.030		1	1		0.074	0.089	
17:1.....g								
18:1 undifferentiated.....g	0.580		1	1		1.427	1.728	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.450		0	1		1.107	1.341	
18:2 undifferentiated.....g	0.370		1	1		0.910	1.103	
18:3 undifferentiated.....g	0.070		1	1		0.172	0.209	
18:4.....g								
20:2 n-6,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.035		0	1		0.086	0.104	
Threonine.....g	0.126		0	1		0.310	0.375	
Isoleucine.....g	0.152		0	1		0.374	0.453	
Leucine.....g	0.258		0	1		0.635	0.769	
Lysine.....g	0.248		0	1		0.610	0.739	
Methionine.....g	0.068		0	1		0.167	0.203	
Cystine.....g	0.028		0	1		0.069	0.083	
Phenylalanine.....g	0.148		0	1		0.364	0.441	
Tyrosine.....g	0.105		0	1		0.258	0.313	
Valine.....g	0.178		0	1		0.438	0.530	
Arginine.....g	0.188		0	1		0.462	0.560	
Histidine.....g	0.089		0	1		0.219	0.265	
Alanine.....g	0.230		0	1		0.566	0.685	
Aspartic acid.....g	0.339		0	1		0.834	1.010	
Glutamic acid.....g	1.015		0	1		2.497	3.025	
Glycine.....g	0.253		0	1		0.622	0.754	
Proline.....g	0.231		0	1		0.568	0.688	
Serine.....g	0.139		0	1		0.342	0.414	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 3.8**Fat 9****Carbohydrate 4**

NDB No. 06055

Soup, scotch broth, canned, condensed, commercial

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06056

Soup, cream of shrimp, canned, condensed**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	84.85	0.396	10	1	212.97	258.79	
Energy.....kcal	72		0	4	181	220	
Energy.....kj	301			4	756	919	
Protein (N x 6.25).....g	2.22	0.042	10	1	5.57	6.77	
Total lipid (fat).....g	4.14	0.441	10	1	10.39	12.63	
Ash.....g	2.26	0.016	10	1	5.67	6.89	
Carbohydrate, by difference.....g	6.53		0	4	16.39	19.92	
Fiber, total dietary.....g	0.2		0	4	0.5	0.6	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	14	0.998	10	1	35	43	
Iron, Fe.....mg	0.42	0.033	10	1	1.05	1.28	
Magnesium, Mg.....mg	7		0	4	18	21	
Phosphorus, P.....mg	26		0	4	65	79	
Potassium, K.....mg	47		0	4	118	143	
Sodium, Na.....mg	778	34.154	5	1	1953	2373	
Zinc, Zn.....mg	0.60		1	1	1.51	1.83	
Copper, Cu.....mg	0.100		0	4	0.251	0.305	
Manganese, Mn.....mg	0.300		0	4	0.753	0.915	
Selenium, Se.....mcg	4.5		0	4	11.3	13.7	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		1	1	0.0	0.0	
Thiamin.....mg	0.015	0.001	10	1	0.038	0.046	
Riboflavin.....mg	0.022	0.002	10	1	0.055	0.067	
Niacin.....mg	0.340	0.022	10	1	0.853	1.037	
Pantothenic acid.....mg	0.110		0	4	0.276	0.336	
Vitamin B-6.....mg	0.030		0	4	0.075	0.092	
Folate, total.....mcg	3		0	4	8	9	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	3		0	4	8	9	
Folate, DFE.....mcg_DFE	3		0	4	8	9	
Vitamin B-12.....mcg	0.47		0	4	1.18	1.43	
Vitamin A, IU.....IU	126	9.807	10	1	316	384	
Vitamin A, RE.....mcg_RE	13		0	1	33	40	
Vitamin E.....mg_ATE	0.658		0	4	1.652	2.007	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	2.580		0	1	6.476	7.869	
4:0.....g	0.130		0	1	0.326	0.397	
6:0.....g	0.080		0	1	0.201	0.244	
8:0.....g	0.050		0	1	0.126	0.153	
10:0.....g	0.100		0	1	0.251	0.305	
11:0.....g							
12:0.....g	0.120		0	1	0.301	0.366	
13:0.....g							
14:0.....g	0.420		0	1	1.054	1.281	
15:0.....g							
16:0.....g	1.090		0	1	2.736	3.325	
17:0.....g							
18:0.....g	0.500		0	1	1.255	1.525	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.190		0	1	2.987	3.630	
14:1.....g							
15:1.....g							

NDB No. 06056

Soup, cream of shrimp, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.090		0	1		0.226	0.275	
17:1.....g								
18:1 undifferentiated.....g	1.040		0	1		2.610	3.172	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.150		0	1		0.377	0.458	
18:2 undifferentiated.....g	0.100		0	1		0.251	0.305	
18:3 undifferentiated.....g	0.060		0	1		0.151	0.183	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	13		0	1		33	40	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06059

Soup, CAMPBELL'S Chicken Noodle, canned, condensed

Refuse: 0%

NDB No. 06059

Soup, CAMPBELL'S Chicken Noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.073		0	4		0.223		
17:1.....g								
18:1 undifferentiated.....g	0.507		0	4		1.546		
20:1.....g	0.014		0	4		0.043		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.300		0	12		0.915		
18:2 undifferentiated.....g	0.304		0	4		0.927		
18:3 undifferentiated.....g	0.018		0	4		0.055		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.005		0	4		0.015		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.001		0	4		0.003		
22:6 n-3.....g	0.001		0	4		0.003		
Fatty acids, total trans.....g								
Cholesterol.....mg	9		0	12		27		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06060

Soup, stockpot, canned, condensed, commercial

Refuse: 0%

NDB No. 06060

Soup, stockpot, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		1	1		0.077	0.094	
17:1.....g								
18:1 undifferentiated.....g	0.750		1	1		1.928	2.340	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.370		0	1		3.521	4.274	
18:2 undifferentiated.....g	1.250		1	1		3.213	3.900	
18:3 undifferentiated.....g	0.100		1	1		0.257	0.312	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		8	9	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.033		0	1		0.085	0.103	
Threonine.....g	0.118		0	1		0.303	0.368	
Isoleucine.....g	0.143		0	1		0.368	0.446	
Leucine.....g	0.242		0	1		0.622	0.755	
Lysine.....g	0.233		0	1		0.599	0.727	
Methionine.....g	0.064		0	1		0.164	0.200	
Cystine.....g	0.026		0	1		0.067	0.081	
Phenylalanine.....g	0.139		0	1		0.357	0.434	
Tyrosine.....g	0.099		0	1		0.254	0.309	
Valine.....g	0.167		0	1		0.429	0.521	
Arginine.....g	0.177		0	1		0.455	0.552	
Histidine.....g	0.084		0	1		0.216	0.262	
Alanine.....g	0.216		0	1		0.555	0.674	
Aspartic acid.....g	0.319		0	1		0.820	0.995	
Glutamic acid.....g	0.954		0	1		2.452	2.976	
Glycine.....g	0.238		0	1		0.612	0.743	
Proline.....g	0.217		0	1		0.558	0.677	
Serine.....g	0.130		0	1		0.334	0.406	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257.000g: 1 cup (8 fl oz)

Measure 2 = 312.000g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06061

Soup, tomato beef with noodle, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	74.08	0.370	10	1	185.94	225.94	
Energy.....kcal	112		0	4	281	342	
Energy.....kj	469			4	1176	1429	
Protein (N x 6.25).....g	3.55	0.058	10	1	8.91	10.83	
Total lipid (fat).....g	3.42	0.154	10	1	8.58	10.43	
Ash.....g	2.08	0.013	10	1	5.22	6.34	
Carbohydrate, by difference.....g	16.87		0	4	42.34	51.45	
Fiber, total dietary.....g	1.2		0	4	2.9	3.5	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	14	0.547	10	1	35	43	
Iron, Fe.....mg	0.89	0.051	10	1	2.23	2.71	
Magnesium, Mg.....mg	6		1	1	15	18	
Phosphorus, P.....mg	45		1	1	113	137	
Potassium, K.....mg	176		1	1	442	537	
Sodium, Na.....mg	731	53.745	5	1	1835	2230	
Zinc, Zn.....mg	0.60		1	1	1.51	1.83	
Copper, Cu.....mg	0.100		1	1	0.251	0.305	
Manganese, Mn.....mg	0.200		1	1	0.502	0.610	
Selenium, Se.....mcg	4.0		0	4	10.0	12.2	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		1	1	0.0	0.0	
Thiamin.....mg	0.067	0.002	10	1	0.168	0.204	
Riboflavin.....mg	0.071	0.002	10	1	0.178	0.217	
Niacin.....mg	1.490	0.028	10	1	3.740	4.545	
Pantothenic acid.....mg	0.150		0	4	0.377	0.458	
Vitamin B-6.....mg	0.070		1	1	0.176	0.214	
Folate, total.....mcg	15		0	4	38	46	
Folic acid.....mcg	9		0	4	23	27	
Folate, food.....mcg	6		0	4	15	18	
Folate, DFE.....mcg_DFE	21		0	4	53	65	
Vitamin B-12.....mcg	0.15		1	1	0.38	0.46	
Vitamin A, IU.....IU	425	18.088	10	1	1067	1296	
Vitamin A, RE.....mcg_RE	42		0	1	105	128	
Vitamin E.....mg_ATE							
Tocopherol, alpha.....mg	0.62		0	4	1.56	1.89	
Tocopherol, beta.....mg							
Tocopherol, gamma.....mg							
Tocopherol, delta.....mg							
Tocotrienol, alpha.....mg							
Tocotrienol, beta.....mg							
Tocotrienol, gamma.....mg							
Tocotrienol, delta.....mg							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.270		0	1	3.188	3.874	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.070		0	1	0.176	0.214	
15:0.....g							
16:0.....g	0.700		0	1	1.757	2.135	
17:0.....g							

NDB No. 06061

Soup, tomato beef with noodle, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	0.430		0	1		1.079	1.312	
19:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.380		0	1		3.464	4.209	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.100		0	1		0.251	0.305	
17:1.....g								
18:1 undifferentiated.....g	1.210		0	1		3.037	3.691	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.540		0	1		1.355	1.647	
18:2 undifferentiated.....g	0.460		0	1		1.155	1.403	
18:3 undifferentiated.....g	0.070		0	1		0.176	0.214	
18:4.....g								
20:2 n-6,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		8	9	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.034		0	1		0.085	0.104	
Threonine.....g	0.114		0	1		0.286	0.348	
Isoleucine.....g	0.137		0	1		0.344	0.418	
Leucine.....g	0.231		0	1		0.580	0.705	
Lysine.....g	0.193		0	1		0.484	0.589	
Methionine.....g	0.066		0	1		0.166	0.201	
Cystine.....g	0.042		0	1		0.105	0.128	
Phenylalanine.....g	0.143		0	1		0.359	0.436	
Tyrosine.....g	0.092		0	1		0.231	0.281	
Valine.....g	0.153		0	1		0.384	0.467	
Arginine.....g	0.145		0	1		0.364	0.442	
Histidine.....g	0.082		0	1		0.206	0.250	
Alanine.....g	0.164		0	1		0.412	0.500	
Aspartic acid.....g	0.260		0	1		0.653	0.793	
Glutamic acid.....g	0.980		0	1		2.460	2.989	
Glycine.....g	0.166		0	1		0.417	0.506	
Proline.....g	0.229		0	1		0.575	0.698	
Serine.....g	0.127		0	1		0.319	0.387	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.8**Fat 9****Carbohydrate 4**

NDB No. 06061

Soup, tomato beef with noodle, canned, condensed, commercial

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06063

Soup, tomato rice, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	77.13	0.096	14	1	198.22	240.65	
Energy.....kcal	93		0	4	239	290	
Energy.....kj	389			4	1000	1214	
Protein (N x 6.25).....g	1.64	0.027	14	1	4.21	5.12	
Total lipid (fat).....g	2.12	0.024	14	1	5.45	6.61	
Ash.....g	2.03	0.012	14	1	5.22	6.33	
Carbohydrate, by difference.....g	17.08		0	4	43.90	53.29	
Fiber, total dietary.....g	1.3		0	4	3.3	4.1	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	18		11	1	46	56	
Iron, Fe.....mg	0.62	0.034	14	1	1.59	1.93	
Magnesium, Mg.....mg	4		0	1	10	12	
Phosphorus, P.....mg	26		0	1	67	81	
Potassium, K.....mg	257		2	1	660	802	
Sodium, Na.....mg	635		6	1	1632	1981	
Zinc, Zn.....mg	0.40		1	1	1.03	1.25	
Copper, Cu.....mg	0.100		1	1	0.257	0.312	
Manganese, Mn.....mg	0.300		1	1	0.771	0.936	
Selenium, Se.....mcg	1.8		0	4	4.6	5.6	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	11.5	0.655	13	1	29.6	35.9	
Thiamin.....mg	0.048	0.002	13	1	0.123	0.150	
Riboflavin.....mg	0.039	0.002	13	1	0.100	0.122	
Niacin.....mg	0.822	0.023	13	1	2.113	2.565	
Pantothenic acid.....mg	0.100		0	4	0.257	0.312	
Vitamin B-6.....mg	0.060		1	1	0.154	0.187	
Folate, total.....mcg	11		0	4	28	34	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	11		0	4	28	34	
Folate, DFE.....mcg_DFE	11		0	4	28	34	
Vitamin B-12.....mcg	0.00		1	1	0.00	0.00	
Vitamin A, IU.....IU	588	29.546	13	1	1511	1835	
Vitamin A, RE.....mcg_RE	59		0	1	152	184	
Vitamin E.....mg_ATE	0.600		0	4	1.542	1.872	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.400		0	1	1.028	1.248	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.010		0	1	0.026	0.031	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.010		0	1	0.026	0.031	
13:0.....g							
14:0.....g	0.030		0	1	0.077	0.094	
15:0.....g							
16:0.....g	0.220		0	1	0.565	0.686	
17:0.....g							
18:0.....g	0.100		0	1	0.257	0.312	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.470		0	1	1.208	1.466	
14:1.....g							
15:1.....g							

NDB No. 06063

Soup, tomato rice, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.026	0.031	
17:1.....g								
18:1 undifferentiated.....g	0.460		0	1		1.182	1.435	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.050		0	1		2.699	3.276	
18:2 undifferentiated.....g	0.870		0	1		2.236	2.714	
18:3 undifferentiated.....g	0.180		0	1		0.463	0.562	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	3	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257.000g: 1 cup (8 fl oz)

Measure 2 = 312.000g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06064

Soup, turkey, chunky, ready-to-serve

Refuse: 0%

NDB No. 06064

Soup, turkey, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.110		0	1		0.260	0.585	
17:1.....g								
18:1 undifferentiated.....g	0.650		0	1		1.534	3.458	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.460		0	1		1.086	2.447	
18:2 undifferentiated.....g	0.440		0	1		1.038	2.341	
18:3 undifferentiated.....g	0.020		0	1		0.047	0.106	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		9	21	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.042		0	1		0.099	0.223	
Threonine.....g	0.171		0	1		0.404	0.910	
Isoleucine.....g	0.218		0	1		0.514	1.160	
Leucine.....g	0.331		0	1		0.781	1.761	
Lysine.....g	0.343		0	1		0.809	1.825	
Methionine.....g	0.091		0	1		0.215	0.484	
Cystine.....g	0.045		0	1		0.106	0.239	
Phenylalanine.....g	0.177		0	1		0.418	0.942	
Tyrosine.....g	0.130		0	1		0.307	0.692	
Valine.....g	0.234		0	1		0.552	1.245	
Arginine.....g	0.225		0	1		0.531	1.197	
Histidine.....g	0.101		0	1		0.238	0.537	
Alanine.....g	0.267		0	1		0.630	1.420	
Aspartic acid.....g	0.424		0	1		1.001	2.256	
Glutamic acid.....g	0.775		0	1		1.829	4.123	
Glycine.....g	0.252		0	1		0.595	1.341	
Proline.....g	0.198		0	1		0.467	1.053	
Serine.....g	0.151		0	1		0.356	0.803	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236.000g: 1 cup (8 fl oz)

Measure 2 = 532.000g: 1 can (18.75 oz), ready-to-serve

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06065

Soup, turkey noodle, canned, condensed, commercial

Refuse: 0%

NDB No. 06065

Soup, turkey noodle, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.090		1	1		0.226	0.275	
17:1.....g								
18:1 undifferentiated.....g	0.550		1	1		1.381	1.678	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.390		0	1		0.979	1.190	
18:2 undifferentiated.....g	0.370		1	1		0.929	1.129	
18:3 undifferentiated.....g	0.020		1	1		0.050	0.061	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.030		0	1		0.075	0.092	
Threonine.....g	0.100		0	1		0.251	0.305	
Isoleucine.....g	0.121		0	1		0.304	0.369	
Leucine.....g	0.203		0	1		0.510	0.619	
Lysine.....g	0.169		0	1		0.424	0.515	
Methionine.....g	0.058		0	1		0.146	0.177	
Cystine.....g	0.037		0	1		0.093	0.113	
Phenylalanine.....g	0.125		0	1		0.314	0.381	
Tyrosine.....g	0.081		0	1		0.203	0.247	
Valine.....g	0.134		0	1		0.336	0.409	
Arginine.....g	0.127		0	1		0.319	0.387	
Histidine.....g	0.072		0	1		0.181	0.220	
Alanine.....g	0.143		0	1		0.359	0.436	
Aspartic acid.....g	0.228		0	1		0.572	0.695	
Glutamic acid.....g	0.859		0	1		2.156	2.620	
Glycine.....g	0.146		0	1		0.366	0.445	
Proline.....g	0.201		0	1		0.505	0.613	
Serine.....g	0.112		0	1		0.281	0.342	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg	0			7		0	0	
Theobromine.....mg	0			7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06066

Soup, turkey vegetable, canned, condensed, commercial

Refuse: 0%

NDB No. 06066

Soup, turkey vegetable, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.150		0	1		0.369	0.046	0.447
17:1.....g								
18:1 undifferentiated.....g	0.910		0	1		2.239	0.280	2.712
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.550		0	1		1.353	0.169	1.639
18:2 undifferentiated.....g	0.500		0	1		1.230	0.154	1.490
18:3 undifferentiated.....g	0.030		0	1		0.074	0.009	0.089
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	0	3
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.022		0	1		0.054	0.007	0.066
Threonine.....g	0.079		0	1		0.194	0.024	0.235
Isoleucine.....g	0.095		0	1		0.234	0.029	0.283
Leucine.....g	0.161		0	1		0.396	0.050	0.480
Lysine.....g	0.155		0	1		0.381	0.048	0.462
Methionine.....g	0.043		0	1		0.106	0.013	0.128
Cystine.....g	0.017		0	1		0.042	0.005	0.051
Phenylalanine.....g	0.092		0	1		0.226	0.028	0.274
Tyrosine.....g	0.066		0	1		0.162	0.020	0.197
Valine.....g	0.111		0	1		0.273	0.034	0.331
Arginine.....g	0.118		0	1		0.290	0.036	0.352
Histidine.....g	0.056		0	1		0.138	0.017	0.167
Alanine.....g	0.143		0	1		0.352	0.044	0.426
Aspartic acid.....g	0.212		0	1		0.522	0.065	0.632
Glutamic acid.....g	0.634		0	1		1.560	0.195	1.889
Glycine.....g	0.158		0	1		0.389	0.049	0.471
Proline.....g	0.144		0	1		0.354	0.044	0.429
Serine.....g	0.087		0	1		0.214	0.027	0.259
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup (8 fl oz)

Measure 2 = 30.800g: 1 fl oz

Measure 3 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06067

Soup, vegetable, canned, chunky, ready-to-serve, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	87.58	0.130	13	1	210.19	472.06	
Energy.....kcal	51		0	4	122	275	
Energy.....kj	213			4	512	1150	
Protein (N x 6.25).....g	1.46	0.031	10	1	3.50	7.87	
Total lipid (fat).....g	1.54	0.045	10	1	3.70	8.30	
Ash.....g	1.50	0.021	10	1	3.60	8.09	
Carbohydrate, by difference.....g	7.92		0	4	19.01	42.69	
Fiber, total dietary.....g	0.5		0	4	1.2	2.7	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	23	1.176	10	1	55	124	
Iron, Fe.....mg	0.68	0.063	10	1	1.63	3.67	
Magnesium, Mg.....mg	3		0	4	7	16	
Phosphorus, P.....mg	30		1	1	72	162	
Potassium, K.....mg	165		1	1	396	889	
Sodium, Na.....mg	421	8.393	10	1	1010	2269	
Zinc, Zn.....mg	1.30		1	1	3.12	7.01	
Copper, Cu.....mg	0.100		1	1	0.240	0.539	
Manganese, Mn.....mg	0.200		1	1	0.480	1.078	
Selenium, Se.....mcg	2.9		0	4	7.0	15.6	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	2.5	0.224	10	1	6.0	13.5	
Thiamin.....mg	0.030	0.002	10	1	0.072	0.162	
Riboflavin.....mg	0.027	0.002	10	1	0.065	0.146	
Niacin.....mg	0.500	0.021	10	1	1.200	2.695	
Pantothenic acid.....mg	0.140		0	4	0.336	0.755	
Vitamin B-6.....mg	0.080		1	1	0.192	0.431	
Folate, total.....mcg	7	1.182	3	1	17	37	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	7	1.182	3	1	17	37	
Folate, DFE.....mcg_DFE	7		0	4	17	37	
Vitamin B-12.....mcg	0.00		1	1	0.00	0.00	
Vitamin A, IU.....IU	2449	223.965	10	1	5878	13200	
Vitamin A, RE.....mcg_RE	245		0	1	588	1321	
Vitamin E.....mg_ATE	0.250		0	4	0.600	1.348	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.230		0	1	0.552	1.240	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.150		0	1	0.360	0.809	
17:0.....g							
18:0.....g	0.080		0	1	0.192	0.431	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.660		0	1	1.584	3.557	
14:1.....g							
15:1.....g							

NDB No. 06067

Soup, vegetable, canned, chunky, ready-to-serve, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.054	
17:1.....g								
18:1 undifferentiated.....g	0.660		0	1		1.584	3.557	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.580		0	1		1.392	3.126	
18:2 undifferentiated.....g	0.540		0	1		1.296	2.911	
18:3 undifferentiated.....g	0.040		0	1		0.096	0.216	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.011		0	1		0.026	0.059	
Threonine.....g	0.045		0	1		0.108	0.243	
Isoleucine.....g	0.067		0	1		0.161	0.361	
Leucine.....g	0.113		0	1		0.271	0.609	
Lysine.....g	0.079		0	1		0.190	0.426	
Methionine.....g	0.011		0	1		0.026	0.059	
Cystine.....g	0.011		0	1		0.026	0.059	
Phenylalanine.....g	0.067		0	1		0.161	0.361	
Tyrosine.....g	0.034		0	1		0.082	0.183	
Valine.....g	0.079		0	1		0.190	0.426	
Arginine.....g	0.079		0	1		0.190	0.426	
Histidine.....g	0.034		0	1		0.082	0.183	
Alanine.....g	0.079		0	1		0.190	0.426	
Aspartic acid.....g	0.191		0	1		0.458	1.029	
Glutamic acid.....g	0.309		0	1		0.742	1.666	
Glycine.....g	0.056		0	1		0.134	0.302	
Proline.....g	0.056		0	1		0.134	0.302	
Serine.....g	0.056		0	1		0.134	0.302	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 4.1**Fat** 9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06068

Soup, vegetarian vegetable, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	84.91	0.433	27	1	208.88	253.03	
Energy.....kcal	59		0	4	145	176	
Energy.....kj	247			4	607	736	
Protein (N x 6.25).....g	1.72	0.013	24	1	4.23	5.13	
Total lipid (fat).....g	1.58	0.032	24	1	3.89	4.71	
Ash.....g	2.02	0.022	24	1	4.97	6.02	
Carbohydrate, by difference.....g	9.78		0	4	24.06	29.14	
Fiber, total dietary.....g	0.5		0	4	1.2	1.5	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	17		21	1	42	51	
Iron, Fe.....mg	0.88	0.084	24	1	2.16	2.62	
Magnesium, Mg.....mg	6		2	1	15	18	
Phosphorus, P.....mg	28		3	1	69	83	
Potassium, K.....mg	171		3	1	421	510	
Sodium, Na.....mg	672	12.681	19	1	1653	2003	
Zinc, Zn.....mg	0.38		2	1	0.92	1.12	
Copper, Cu.....mg	0.100		3	1	0.246	0.298	
Manganese, Mn.....mg	0.375		2	1	0.923	1.118	
Selenium, Se.....mcg	3.5		0	4	8.6	10.4	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	1.2	0.107	23	1	3.0	3.6	
Thiamin.....mg	0.044		21	1	0.108	0.131	
Riboflavin.....mg	0.037		21	1	0.091	0.110	
Niacin.....mg	0.747	0.029	24	1	1.838	2.226	
Pantothenic acid.....mg	0.280		0	4	0.689	0.834	
Vitamin B-6.....mg	0.045		2	1	0.111	0.134	
Folate, total.....mcg	9	0.323	3	1	21	26	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	9	0.323	3	1	21	26	
Folate, DFE.....mcg_DFE	9		0	4	21	26	
Vitamin B-12.....mcg	0.00		2	1	0.00	0.00	
Vitamin A, IU.....IU	2453	157.538	24	1	6034	7310	
Vitamin A, RE.....mcg_RE	245		0	1	603	730	
Vitamin E.....mg_ATE	0.260		0	4	0.640	0.775	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.240		0	1	0.590	0.715	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.160		0	1	0.394	0.477	
17:0.....g							
18:0.....g	0.080		0	1	0.197	0.238	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.680		0	1	1.673	2.026	
14:1.....g							
15:1.....g							

NDB No. 06068

Soup, vegetarian vegetable, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.030	
17:1.....g								
18:1 undifferentiated.....g	0.670		0	1		1.648	1.997	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.590		0	1		1.451	1.758	
18:2 undifferentiated.....g	0.550		0	1		1.353	1.639	
18:3 undifferentiated.....g	0.040		0	1		0.098	0.119	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.012		0	1		0.030	0.036	
Threonine.....g	0.061		0	1		0.150	0.182	
Isoleucine.....g	0.081		0	1		0.199	0.241	
Leucine.....g	0.121		0	1		0.298	0.361	
Lysine.....g	0.081		0	1		0.199	0.241	
Methionine.....g	0.020		0	1		0.049	0.060	
Cystine.....g	0.020		0	1		0.049	0.060	
Phenylalanine.....g	0.081		0	1		0.199	0.241	
Tyrosine.....g	0.040		0	1		0.098	0.119	
Valine.....g	0.081		0	1		0.199	0.241	
Arginine.....g	0.081		0	1		0.199	0.241	
Histidine.....g	0.040		0	1		0.098	0.119	
Alanine.....g	0.081		0	1		0.199	0.241	
Aspartic acid.....g	0.162		0	1		0.399	0.483	
Glutamic acid.....g	0.364		0	1		0.895	1.085	
Glycine.....g	0.061		0	1		0.150	0.182	
Proline.....g	0.121		0	1		0.298	0.361	
Serine.....g	0.061		0	1		0.150	0.182	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 2.5**Fat** 8.5**Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06070

Soup, beef, canned, chunky, ready-to-serve

Refuse: 0%

NDB No. 06070

Soup, beef, canned, chunky, ready-to-serve

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.090		0	1		0.216	0.485	
17:1.....g								
18:1 undifferentiated.....g	0.770		0	1		1.848	4.150	
20:1.....g	0.010		0	1		0.024	0.054	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.090		0	1		0.216	0.485	
18:2 undifferentiated.....g	0.070		0	1		0.168	0.377	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.054	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	1		14	32	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.047		0	1		0.113	0.253	
Threonine.....g	0.194		0	1		0.466	1.046	
Isoleucine.....g	0.247		0	1		0.593	1.331	
Leucine.....g	0.374		0	1		0.898	2.016	
Lysine.....g	0.387		0	1		0.929	2.086	
Methionine.....g	0.103		0	1		0.247	0.555	
Cystine.....g	0.051		0	1		0.122	0.275	
Phenylalanine.....g	0.201		0	1		0.482	1.083	
Tyrosine.....g	0.147		0	1		0.353	0.792	
Valine.....g	0.265		0	1		0.636	1.428	
Arginine.....g	0.254		0	1		0.610	1.369	
Histidine.....g	0.115		0	1		0.276	0.620	
Alanine.....g	0.302		0	1		0.725	1.628	
Aspartic acid.....g	0.479		0	1		1.150	2.582	
Glutamic acid.....g	0.875		0	1		2.100	4.716	
Glycine.....g	0.285		0	1		0.684	1.536	
Proline.....g	0.224		0	1		0.538	1.207	
Serine.....g	0.170		0	1		0.408	0.916	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 539.000g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 4.1**Fat** 9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06071

Soup, vegetable beef, canned, condensed, commercial

Refuse: 0%

NDB No. 06071

Soup, vegetable beef, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		2	1		0.151	0.183	
17:1.....g								
18:1 undifferentiated.....g	0.560		2	1		1.406	1.708	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.090		0	1		0.226	0.275	
18:2 undifferentiated.....g	0.080		2	1		0.201	0.244	
18:3 undifferentiated.....g	0.010		2	1		0.025	0.031	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.038		0	1		0.095	0.116	
Threonine.....g	0.139		0	1		0.349	0.424	
Isoleucine.....g	0.168		0	1		0.422	0.512	
Leucine.....g	0.285		0	1		0.715	0.869	
Lysine.....g	0.274		0	1		0.688	0.836	
Methionine.....g	0.075		0	1		0.188	0.229	
Cystine.....g	0.031		0	1		0.078	0.095	
Phenylalanine.....g	0.163		0	1		0.409	0.497	
Tyrosine.....g	0.116		0	1		0.291	0.354	
Valine.....g	0.197		0	1		0.494	0.601	
Arginine.....g	0.208		0	1		0.522	0.634	
Histidine.....g	0.098		0	1		0.246	0.299	
Alanine.....g	0.253		0	1		0.635	0.772	
Aspartic acid.....g	0.375		0	1		0.941	1.144	
Glutamic acid.....g	1.121		0	1		2.814	3.419	
Glycine.....g	0.280		0	1		0.703	0.854	
Proline.....g	0.255		0	1		0.640	0.778	
Serine.....g	0.153		0	1		0.384	0.467	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06072

Soup, vegetable with beef broth, canned, condensed, commercial

Refuse: 0%

NDB No. 06072

Soup, vegetable with beef broth, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		2	1		0.049	0.060	
17:1.....g								
18:1 undifferentiated.....g	0.420		2	1		1.033	1.252	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.640		0	1		1.574	1.907	
18:2 undifferentiated.....g	0.550		2	1		1.353	1.639	
18:3 undifferentiated.....g	0.090		2	1		0.221	0.268	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	3	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.017		0	1		0.042	0.051	
Threonine.....g	0.059		0	1		0.145	0.176	
Isoleucine.....g	0.074		0	1		0.182	0.221	
Leucine.....g	0.134		0	1		0.330	0.399	
Lysine.....g	0.103		0	1		0.253	0.307	
Methionine.....g	0.025		0	1		0.062	0.075	
Cystine.....g	0.019		0	1		0.047	0.057	
Phenylalanine.....g	0.087		0	1		0.214	0.259	
Tyrosine.....g	0.048		0	1		0.118	0.143	
Valine.....g	0.102		0	1		0.251	0.304	
Arginine.....g	0.112		0	1		0.276	0.334	
Histidine.....g	0.041		0	1		0.101	0.122	
Alanine.....g	0.140		0	1		0.344	0.417	
Aspartic acid.....g	0.207		0	1		0.509	0.617	
Glutamic acid.....g	0.692		0	1		1.702	2.062	
Glycine.....g	0.223		0	1		0.549	0.665	
Proline.....g	0.184		0	1		0.453	0.548	
Serine.....g	0.082		0	1		0.202	0.244	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 298.000g: 1 can (10.5 oz)

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06073

Soup, cream of asparagus, dehydrated, dry mix

Refuse: 0%

NDB No. 06073

Soup, cream of asparagus, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.006	0.026	
17:1.....g								
18:1 undifferentiated.....g	4.590		0	1		0.652	2.928	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	4.060		0	1		0.577	2.590	
18:2 undifferentiated.....g	3.770		0	1		0.535	2.405	
18:3 undifferentiated.....g	0.280		0	1		0.040	0.179	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		0	1	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.200g: 1 cup (8 fl oz)

Measure 2 = 63.800g: 1 packet

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06074

Soup, bean with bacon, dehydrated, dry mix

Refuse: 0%

NDB No. 06074

Soup, bean with bacon, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.260		0	1		0.074		
17:1.....g								
18:1 undifferentiated.....g	2.930		0	1		0.831		
20:1.....g	0.050		0	1		0.014		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.580		0	1		0.164		
18:2 undifferentiated.....g	0.510		0	1		0.145		
18:3 undifferentiated.....g	0.060		0	1		0.017		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	11		0	1		3		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.350g: 1 cup (8 fl oz)

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06075

Soup, beef broth or bouillon, powder, dry

Refuse: 0%

NDB No. 06075

Soup, beef broth or bouillon, powder, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.372		0	1		0.030	0.013	0.022
17:1.....g								
18:1 undifferentiated.....g	3.215		0	1		0.257	0.116	0.193
20:1.....g	0.030		0	1		0.002	0.001	0.002
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.332		0	1		0.027	0.012	0.020
18:2 undifferentiated.....g	0.281		0	1		0.022	0.010	0.017
18:3 undifferentiated.....g	0.050		0	1		0.004	0.002	0.003
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	10		0	1		1	0	1
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.000g: 1 cup (8 fl oz)

Measure 2 = 3.600g: 1 cube

Measure 3 = 6.000g: 1 packet

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06076

Soup, beef broth, cubed, dry

Refuse: 0%

NDB No. 06076

Soup, beef broth, cubed, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.170		0	1		0.008	0.006	
17:1.....g								
18:1 undifferentiated.....g	1.440		0	1		0.069	0.052	
20:1.....g	0.010		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.160		0	1		0.008	0.006	
18:2 undifferentiated.....g	0.120		0	1		0.006	0.004	
18:3 undifferentiated.....g	0.020		0	1		0.001	0.001	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.800g: 1 portion, amount of dry mix to make 8 fl oz prepared

Measure 2 = 3.600g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06077

Soup, beef noodle mix, dehydrated, dry form

Refuse: 0%

NDB No. 06077

Soup, beef noodle mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.150		0	1		0.021	0.014	
17:1.....g								
18:1 undifferentiated.....g	2.510		0	1		0.356	0.231	
20:1.....g	0.010		0	1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.330		0	1		0.189	0.122	
18:2 undifferentiated.....g	1.210		0	1		0.172	0.111	
18:3 undifferentiated.....g	0.100		0	1		0.014	0.009	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	13		0	1		2	1	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.200g: 1 cup (8 fl oz)

Measure 2 = 9.200g: 1 packet

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06078

Soup, cauliflower, dehydrated, dry mix

Refuse: 0%

NDB No. 06078

Soup, cauliflower, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.008		
17:1.....g								
18:1 undifferentiated.....g	3.870		0	1		0.731		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.420		0	1		0.646		
18:2 undifferentiated.....g	3.180		0	1		0.601		
18:3 undifferentiated.....g	0.240		0	1		0.045		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18.900g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06079

Soup, cream of celery, dehydrated, dry

Refuse: 0%

NDB No. 06079

Soup, cream of celery, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.007		
17:1.....g								
18:1 undifferentiated.....g	3.950		0	1		0.687		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.500		0	1		0.609		
18:2 undifferentiated.....g	3.250		0	1		0.566		
18:3 undifferentiated.....g	0.240		0	1		0.042		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17.400g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06080

Soup, chicken broth or bouillon, dehydrated, dry

Refuse: 0%

NDB No. 06080

Soup, chicken broth or bouillon, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.600		0	1		0.048	0.012	0.024
17:1.....g								
18:1 undifferentiated.....g	4.640		0	1		0.371	0.093	0.186
20:1.....g	0.120		0	1		0.010	0.002	0.005
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	4.480		0	1		0.358	0.090	0.179
18:2 undifferentiated.....g	4.320		0	1		0.346	0.086	0.173
18:3 undifferentiated.....g	0.130		0	1		0.010	0.003	0.005
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.010		0	1		0.001	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	13		0	1		1	0	1
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.000g: 1 cup (8 fl oz)

Measure 2 = 2.000g: 1 tsp

Measure 3 = 4.000g: 1 cube

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06081

Soup, chicken broth cubes, dehydrated, dry

Refuse: 0%

NDB No. 06081

Soup, chicken broth cubes, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.200		0	1		0.013	0.010	
17:1.....g								
18:1 undifferentiated.....g	1.680		0	1		0.108	0.081	
20:1.....g	0.040		0	1		0.003	0.002	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.630		0	1		0.104	0.078	
18:2 undifferentiated.....g	1.570		0	1		0.100	0.075	
18:3 undifferentiated.....g	0.050		0	1		0.003	0.002	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	13		0	1		1	1	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.400g: 1 cup (8 fl oz)

Measure 2 = 4.800g: 1 cube

Calories Factors: Protein 4.2**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06083

Soup, cream of chicken, dehydrated, dry

Refuse: 0%

NDB No. 06083

Soup, cream of chicken, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.410		1	1		0.100	0.075	
17:1.....g								
18:1 undifferentiated.....g	4.320		1	1		1.054	0.791	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.650		0	1		0.403	0.302	
18:2 undifferentiated.....g	1.650		1	1		0.403	0.302	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	12		1	1		3	2	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24.400g: 1 cup (8 fl oz)

Measure 2 = 18.300g: 1 packet

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06085

Soup, chicken rice mix, dehydrated, dry form

Refuse: 0%

NDB No. 06085

Soup, chicken rice mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.270		0	1		0.044		
17:1.....g								
18:1 undifferentiated.....g	3.550		0	1		0.575		
20:1.....g	0.050		0	1		0.008		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.610		0	1		0.423		
18:2 undifferentiated.....g	2.420		0	1		0.392		
18:3 undifferentiated.....g	0.160		0	1		0.026		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.010		0	1		0.002		
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	18		0	1		3		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.200g: 1 cup (8 fl oz)

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06086

Soup, chicken vegetable, dehydrated, dry

Refuse: 0%

NDB No. 06086

Soup, chicken vegetable, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.220		1	1		0.031	0.023	
17:1.....g								
18:1 undifferentiated.....g	1.940		1	1		0.274	0.206	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.080		0	1		0.152	0.114	
18:2 undifferentiated.....g	1.080		1	1		0.152	0.114	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	20		1	1		3	2	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.100g: 1 cup (8 fl oz)

Measure 2 = 10.600g: 1 packet

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06087

Soup, clam chowder, manhattan style, dehydrated, dry

Refuse: 0%

NDB No. 06087

Soup, clam chowder, manhattan style, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.002		
17:1.....g								
18:1 undifferentiated.....g	3.670		0	1		0.694		
20:1.....g	0.110		0	1		0.021		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.620		0	1		0.495		
18:2 undifferentiated.....g	2.620		0	1		0.495		
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18.900g: 1 cup (8 fl oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06088

Soup, clam chowder, new england, dehydrated, dry

Refuse: 0%

NDB No. 06088

Soup, clam chowder, new england, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.005		
17:1.....g								
18:1 undifferentiated.....g	7.240		0	1		1.643		
20:1.....g	0.210		0	1		0.048		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.170		0	1		1.174		
18:2 undifferentiated.....g	5.170		0	1		1.174		
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22.700g: 1 cup (8 fl oz)

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06089

Soup, consomme with gelatin, dehydrated, dry

Refuse: 0%

NDB No. 06089

Soup, consomme with gelatin, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	0.000		0	1		0.000	0.000	
19:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.050		0	1		0.006	0.028	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.050		0	1		0.006	0.028	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.030		0	1		0.004	0.017	
18:2 undifferentiated.....g	0.030		0	1		0.004	0.017	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.600g: 1 cup (8 fl oz)

Measure 2 = 56.700g: 1 packet

Calories Factors: Protein 4.1

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06090

Soup, leek, dehydrated, dry

Refuse: 0%

NDB No. 06090

Soup, leek, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.460		0	1		0.080	0.359	
17:1.....g								
18:1 undifferentiated.....g	3.920		0	1		0.678	3.058	
20:1.....g	0.030		0	1		0.005	0.023	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.440		0	1		0.076	0.343	
18:2 undifferentiated.....g	0.340		0	1		0.059	0.265	
18:3 undifferentiated.....g	0.070		0	1		0.012	0.055	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	12		0	1		2	9	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17.300g: 1 cup (8 fl oz)

Measure 2 = 78.000g: 1 packet

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06092

Soup, minestrone, dehydrated, dry

Refuse: 0%

NDB No. 06092

Soup, minestrone, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.300		0	1		0.052	0.234	
17:1.....g								
18:1 undifferentiated.....g	2.910		0	1		0.503	2.270	
20:1.....g	0.040		0	1		0.007	0.031	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.450		0	1		0.078	0.351	
18:2 undifferentiated.....g	0.380		0	1		0.066	0.296	
18:3 undifferentiated.....g	0.060		0	1		0.010	0.047	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	1		1		6
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17.300g: 1 cup (8 fl oz)

Measure 2 = 78.000g: 1 packet

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06093

Soup, mushroom, dehydrated, dry

Refuse: 0%

NDB No. 06093

Soup, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g	0.490		0	1		0.365	0.082	
19:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.320		0	1		7.678	1.723	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		0	1		0.015	0.003	
17:1.....g								
18:1 undifferentiated.....g	10.010		0	1		7.447	1.672	
20:1.....g	0.290		0	1		0.216	0.048	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.150		0	1		5.320	1.194	
18:2 undifferentiated.....g	7.150		0	1		5.320	1.194	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	2		2	1		1	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 74.400g: 1 packet, regular

Measure 2 = 16.700g: 1 packet, instant

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06094

Soup, onion mix, dehydrated, dry form

Refuse: 0%

NDB No. 06094

Soup, onion mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	3.490		1	1		1.361	0.248	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.690		0	1		0.269	0.049	
18:2 undifferentiated.....g	0.690		1	1		0.269	0.049	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	5		1	1		2	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39.000g: 1 packet

Measure 2 = 7.100g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 2.5

Fat 8.5

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06095

Soup, oxtail, dehydrated, dry

Refuse: 0%

NDB No. 06095

Soup, oxtail, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.570		0	1		0.094	0.424	
17:1.....g								
18:1 undifferentiated.....g	4.900		0	1		0.809	3.646	
20:1.....g	0.040		0	1		0.007	0.030	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.540		0	1		0.089	0.402	
18:2 undifferentiated.....g	0.420		0	1		0.069	0.312	
18:3 undifferentiated.....g	0.080		0	1		0.013	0.060	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	15		0	1		2	11	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.500g: 1 cup (8 fl oz)

Measure 2 = 74.400g: 1 packet

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06096

Soup, pea, green, mix, dehydrated, dry form

Refuse: 0%

NDB No. 06096

Soup, pea, green, mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g								
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.570		0	1		2.904	0.720	
18:2 undifferentiated.....g	1.030		0	1		1.164	0.288	
18:3 undifferentiated.....g	0.860		0	1		0.972	0.241	
18:3 undifferentiated.....g	0.170		0	1		0.192	0.048	
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		1	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113.000g: 1 packet

Measure 2 = 28.000g: 1 packet (6 fl oz)

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06098

Soup, tomato, dehydrated, dry

Refuse: 0%

NDB No. 06098

Soup, tomato, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.140		1	1		0.032	0.030	
17:1.....g								
18:1 undifferentiated.....g	3.000		1	1		0.681	0.639	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.820		0	1		0.186	0.175	
18:2 undifferentiated.....g	0.820		1	1		0.186	0.175	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		1	1		1	1	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22.700g: 1 cup (8 fl oz)

Measure 2 = 21.300g: 1 packet (6 fl oz)

Calories Factors: Protein 2.8

Fat 8.7

Carbohydrate 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06099

Soup, tomato vegetable mix, dehydrated, dry form**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	3.73		6	1	0.69	0.04	1.44
Energy.....kcal	325		0	4	60	4	125
Energy.....kj	1360			4	252	16	524
Protein (N x 6.25).....g	11.73		4	1	2.17	0.14	4.52
Total lipid (fat).....g	5.09		4	1	0.94	0.06	1.96
Ash.....g	19.54		4	1	3.61	0.23	7.52
Carbohydrate, by difference.....g	59.90		0	4	11.08	0.72	23.06
Fiber, total dietary.....g	3.0		0	4	0.6	0.0	1.2
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	46		1	1	9	1	18
Iron, Fe.....mg	3.71		2	1	0.69	0.04	1.43
Magnesium, Mg.....mg	115		2	1	21	1	44
Phosphorus, P.....mg	173		2	1	32	2	67
Potassium, K.....mg	605		1	1	112	7	233
Sodium, Na.....mg	6722		5	1	1244	81	2588
Zinc, Zn.....mg	0.98	0.029	3	1	0.18	0.01	0.38
Copper, Cu.....mg	0.190	0.007	3	1	0.035	0.002	0.073
Manganese, Mn.....mg	0.980		0	4	0.181	0.012	0.377
Selenium, Se.....mcg	22.6		0	4	4.2	0.3	8.7
Vitamins:							
Vitamin C, total ascorbic acid.....mg	35.3		2	1	6.5	0.4	13.6
Thiamin.....mg	0.340		3	1	0.063	0.004	0.131
Riboflavin.....mg	0.266		2	1	0.049	0.003	0.102
Niacin.....mg	4.625		3	1	0.856	0.056	1.781
Pantothenic acid.....mg	0.848		1	1	0.157	0.010	0.326
Vitamin B-6.....mg	0.300		0	4	0.056	0.004	0.116
Folate, total.....mcg	60		0	4	11	1	23
Folic acid.....mcg	0		0	7	0	0	0
Folate, food.....mcg	60		0	4	11	1	23
Folate, DFE.....mcg_DFE	60		0	4	11	1	23
Vitamin B-12.....mcg	0.00		0	4	0.00	0.00	0.00
Vitamin A, IU.....IU	1114		3	1	206	13	429
Vitamin A, RE.....mcg_RE	111		0	1	21	1	43
Vitamin E.....mg_ATE	3.072		0	4	0.568	0.037	1.183
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	2.320		0	1	0.429	0.028	0.893
4:0.....g	0.000		0	1	0.000	0.000	0.000
6:0.....g	0.000		0	1	0.000	0.000	0.000
8:0.....g	0.000		0	1	0.000	0.000	0.000
10:0.....g	0.000		0	1	0.000	0.000	0.000
11:0.....g							
12:0.....g	0.170		0	1	0.031	0.002	0.065
13:0.....g							
14:0.....g	0.170		0	1	0.031	0.002	0.065
15:0.....g							
16:0.....g	1.160		0	1	0.215	0.014	0.447
17:0.....g							
18:0.....g	0.830		0	1	0.154	0.010	0.320
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.910		0	1	0.353	0.023	0.735
14:1.....g							
15:1.....g							

NDB No. 06099

Soup, tomato vegetable mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.090		0	1		0.017	0.001	0.035
17:1.....g								
18:1 undifferentiated.....g	1.830		0	1		0.339	0.022	0.705
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.500		0	1		0.093	0.006	0.193
18:2 undifferentiated.....g	0.500		0	1		0.093	0.006	0.193
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		1	0	1
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18.500g: 1 cup (8 fl oz)

Measure 2 = 1.200g: 1 tbsp

Measure 3 = 38.500g: 1 packet

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06100

Soup, vegetable beef, dehydrated, dry

Refuse: 0%

NDB No. 06100

Soup, vegetable beef, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.300		0	1		0.050	0.223	
17:1.....g								
18:1 undifferentiated.....g	2.590		0	1		0.427	1.927	
20:1.....g	0.020		0	1		0.003	0.015	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.290		0	1		0.048	0.216	
18:2 undifferentiated.....g	0.220		0	1		0.036	0.164	
18:3 undifferentiated.....g	0.040		0	1		0.007	0.030	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	1		1	6	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.500g: 1 cup (8 fl oz)

Measure 2 = 74.400g: 1 packet

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06101

Soup, cream of vegetable, dehydrated, dry

Refuse: 0%

NDB No. 06101

Soup, cream of vegetable, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	10.730		0	1		2.532	1.899	2.532
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	6.290		0	1		1.484	1.113	1.484
18:2 undifferentiated.....g	5.910		0	1		1.395	1.046	1.395
18:3 undifferentiated.....g	0.390		0	1		0.092	0.069	0.092
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		1	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23.600g: 1 cup (8 fl oz)

Measure 2 = 17.700g: 1 packet (6 fl oz prepared)

Measure 3 = 23.600g: 1 portion, amount of dry mix to make 8 fl oz prepared

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06102

Sauce, bearnaise, dehydrated, dry

Refuse: 0%

NDB No. 06102

Sauce, bearnaise, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.007	0.010	
17:1.....g								
18:1 undifferentiated.....g	3.830		0	1		0.632	0.950	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.380		0	1		0.558	0.838	
18:2 undifferentiated.....g	3.140		0	1		0.518	0.779	
18:3 undifferentiated.....g	0.230		0	1		0.038	0.057	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.500g: 1 cup (8 fl oz)

Measure 2 = 24.800g: 1 packet

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06103

Sauce, cheese, dehydrated, dry

Refuse: 0%

NDB No. 06103

Sauce, cheese, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.540		0	1		0.189		
17:1.....g								
18:1 undifferentiated.....g	7.640		0	1		2.674		
20:1.....g	0.000		0	1		0.000		
22:1 undifferentiated.....g	0.000		0	1		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.660		0	1		1.281		
18:2 undifferentiated.....g	3.260		0	1		1.141		
18:3 undifferentiated.....g	0.400		0	1		0.140		
18:4.....g	0.000		0	1		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000		
20:5 n-3.....g	0.000		0	1		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000		
22:6 n-3.....g	0.000		0	1		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	51		0	1		18		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35.000g: 1 packet

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06104

Sauce, curry, dehydrated, dry

Refuse: 0%

NDB No. 06104

Sauce, curry, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.090		0	1		0.025	0.032	
17:1.....g								
18:1 undifferentiated.....g	9.820		0	1		2.779	3.476	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	8.690		0	1		2.459	3.076	
18:2 undifferentiated.....g	8.060		0	1		2.281	2.853	
18:3 undifferentiated.....g	0.600		0	1		0.170	0.212	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.300g: 1 cup (8 fl oz)

Measure 2 = 35.400g: 1 packet

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06106

Sauce, mushroom, dehydrated, dry**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	3.50		1	1	0.79	0.99	
Energy.....kcal	349		0	4	79	99	
Energy.....kj	1460			4	331	414	
Protein (N x 6.25).....g	14.38		1	1	3.26	4.08	
Total lipid (fat).....g	9.50		1	1	2.16	2.69	
Ash.....g	17.90		1	1	4.06	5.07	
Carbohydrate, by difference.....g	54.72		0	4	12.42	15.51	
Fiber, total dietary.....g							
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	9		0	4	2	3	
Iron, Fe.....mg	1.00		0	4	0.23	0.28	
Magnesium, Mg.....mg	18		0	4	4	5	
Phosphorus, P.....mg	133		0	4	30	38	
Potassium, K.....mg	433		0	4	98	123	
Sodium, Na.....mg	6230		1	1	1414	1766	
Zinc, Zn.....mg	0.90		0	4	0.20	0.26	
Copper, Cu.....mg	0.600		0	4	0.136	0.170	
Manganese, Mn.....mg	0.100		0	4	0.023	0.028	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		0	4	0.0	0.0	
Thiamin.....mg	0.100		0	4	0.023	0.028	
Riboflavin.....mg	0.500		0	4	0.114	0.142	
Niacin.....mg	4.600		0	4	1.044	1.304	
Pantothenic acid.....mg	2.300		0	4	0.522	0.652	
Vitamin B-6.....mg	0.100		0	4	0.023	0.028	
Folate, total.....mcg	27		0	4	6	8	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	27		0	4	6	8	
Folate, DFE.....mcg_DFE	27		0	4	6	8	
Vitamin B-12.....mcg	0.00		0	4	0.00	0.00	
Vitamin A, IU.....IU	0		0	4	0	0	
Vitamin A, RE.....mcg_RE	0		0	1	0	0	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.420		0	1	0.322	0.403	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.010		0	1	0.002	0.003	
15:0.....g							
16:0.....g	0.930		0	1	0.211	0.264	
17:0.....g							
18:0.....g	0.480		0	1	0.109	0.136	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.090		0	1	0.928	1.160	
14:1.....g							
15:1.....g							

NDB No. 06106

Sauce, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.009	0.011	
17:1.....g								
18:1 undifferentiated.....g	4.040		0	1		0.917	1.145	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.570		0	1		0.810	1.012	
18:2 undifferentiated.....g	3.320		0	1		0.754	0.941	
18:3 undifferentiated.....g	0.250		0	1		0.057	0.071	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22.700g: 1 cup (8 fl oz)

Measure 2 = 28.350g: 1 packet

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06107

Sauce, spaghetti, dehydrated, dry

Refuse: 0%

NDB No. 06107

Sauce, spaghetti, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.013	0.003	
17:1.....g								
18:1 undifferentiated.....g	0.230		0	1		0.097	0.023	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.030		0	1		0.013	0.003	
18:2 undifferentiated.....g	0.020		0	1		0.008	0.002	
18:3 undifferentiated.....g	0.010		0	1		0.004	0.001	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42.000g: 1 packet

Measure 2 = 10.000g: 1 serving

Calories Factors: Protein 3.6**Fat** 8.5**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06108

Sauce, spaghetti with mushrooms, dehydrated, dry

Refuse: 0%

NDB No. 06108

Sauce, spaghetti with mushrooms, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.270		0	1		0.105	0.027	
17:1.....g								
18:1 undifferentiated.....g	2.150		0	1		0.839	0.215	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.260		0	1		0.101	0.026	
18:2 undifferentiated.....g	0.160		0	1		0.062	0.016	
18:3 undifferentiated.....g	0.100		0	1		0.039	0.010	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	28		0	1		11		3
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39.000g: 1 packet

Measure 2 = 10.000g: 1 serving

Calories Factors: Protein 3.6**Fat** 8.5**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06109

Sauce, stroganoff, dehydrated, dry

Refuse: 0%

NDB No. 06109

Sauce, stroganoff, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.270		0	1		0.150	0.124	
17:1.....g								
18:1 undifferentiated.....g	2.200		0	1		1.223	1.012	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.270		0	1		0.150	0.124	
18:2 undifferentiated.....g	0.180		0	1		0.100	0.083	
18:3 undifferentiated.....g	0.090		0	1		0.050	0.041	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	25		0	1		14	12	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55.600g: 1 cup (8 fl oz)

Measure 2 = 46.000g: 1 packet

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06110

Sauce, sweet and sour, dehydrated, dry**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	0.57	0.267	4	1	0.43	0.32	
Energy.....kcal	389		0	4	294	221	
Energy.....kj	1628			4	1230	923	
Protein (N x 6.25).....g	1.00		2	1	0.76	0.57	
Total lipid (fat).....g	0.10		2	1	0.08	0.06	
Ash.....g	2.20		2	1	1.66	1.25	
Carbohydrate, by difference.....g	96.13		0	4	72.67	54.51	
Fiber, total dietary.....g	1.9		0	4	1.4	1.1	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	54		2	1	41	31	
Iron, Fe.....mg	2.14		2	1	1.62	1.21	
Magnesium, Mg.....mg	12		0	4	9	7	
Phosphorus, P.....mg	60		0	4	45	34	
Potassium, K.....mg	87		6	1	66	49	
Sodium, Na.....mg	1030		2	1	779	584	
Zinc, Zn.....mg	0.12	0.001	3	1	0.09	0.07	
Copper, Cu.....mg	0.037	0.003	3	1	0.028	0.021	
Manganese, Mn.....mg	0.000		0	4	0.000	0.000	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		0	4	0.0	0.0	
Thiamin.....mg	0.020		0	4	0.015	0.011	
Riboflavin.....mg	0.127		2	1	0.096	0.072	
Niacin.....mg	1.100		0	4	0.832	0.624	
Pantothenic acid.....mg	0.900		0	4	0.680	0.510	
Vitamin B-6.....mg	0.500		0	4	0.378	0.284	
Folate, total.....mcg	3		0	4	2	2	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	3		0	4	2	2	
Folate, DFE.....mcg_DFE	3		0	4	2	2	
Vitamin B-12.....mcg	0.00		0	1	0.00	0.00	
Vitamin A, IU.....IU	0		0	4	0	0	
Vitamin A, RE.....mcg_RE	0		0	4	0	0	
Vitamin E.....mg_ATE	0.000		0	7	0.000	0.000	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.010		0	1	0.008	0.006	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.010		0	1	0.008	0.006	
17:0.....g							
18:0.....g	0.000		0	1	0.000	0.000	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.020		0	1	0.015	0.011	
14:1.....g							
15:1.....g							

NDB No. 06110

Sauce, sweet and sour, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.020		0	1		0.015	0.011	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.060		0	1		0.045	0.034	
18:2 undifferentiated.....g	0.050		0	1		0.038	0.028	
18:3 undifferentiated.....g	0.010		0	1		0.008	0.006	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75.600g: 1 cup (8 fl oz)

Measure 2 = 56.700g: 1 packet

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06111
Sauce, teriyaki, dehydrated, dry

Refuse: 0%

NDB No. 06111
 Sauce, teriyaki, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000		
17:1.....g								
18:1 undifferentiated.....g	0.460		0	1		0.212		
20:1.....g	0.000		0	1		0.000		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.160		0	1		0.534		
18:2 undifferentiated.....g	1.020		0	1		0.469		
18:3 undifferentiated.....g	0.140		0	1		0.064		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46.000g: 1 packet

Calories Factors: Protein 3.6

Fat 8.5

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06112
 Sauce, teriyaki, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
Proximates:							
Water.....g	67.69		1	1		194.95	12.18
Energy.....kcal	84		0	4		242	15
Energy.....kj	351			4		1012	30
Protein (N x 6.25).....g	5.93		1	1		17.08	1.07
Total lipid (fat).....g	0.00		1	1		0.00	0.00
Ash.....g	10.43		1	1		30.04	1.88
Carbohydrate, by difference.....g	15.95		0	4		45.94	2.87
Fiber, total dietary.....g	0.1		0	4		0.3	0.0
Sugars, total.....g							0.0
Starch.....g							
Minerals:							
Calcium, Ca.....mg	25		1	1		72	5
Iron, Fe.....mg	1.70		1	1		4.90	0.31
Magnesium, Mg.....mg	61		1	1		176	11
Phosphorus, P.....mg	154		1	1		444	28
Potassium, K.....mg	225		1	1		648	41
Sodium, Na.....mg	3833		1	1		11039	690
Zinc, Zn.....mg	0.10		1	1		0.29	0.02
Copper, Cu.....mg	0.100		1	1		0.288	0.018
Manganese, Mn.....mg	0.000		1	1		0.000	0.000
Selenium, Se.....mcg	1.1		0	4		3.2	0.2
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		0	1		0.0	0.0
Thiamin.....mg	0.030		1	1		0.086	0.005
Riboflavin.....mg	0.070		1	1		0.202	0.013
Niacin.....mg	1.270		1	1		3.658	0.229
Pantothenic acid.....mg	0.200		1	1		0.576	0.036
Vitamin B-6.....mg	0.100		1	1		0.288	0.018
Folate, total.....mcg	20		1	1		58	4
Folic acid.....mcg	0		0	7		0	0
Folate, food.....mcg	20		1	1		58	4
Folate, DFE.....mcg_DFE	20		0	4		58	7
Vitamin B-12.....mcg	0.00		1	1		0.00	0.00
Vitamin A, IU.....IU	0		0	1		0	0
Vitamin A, RE.....mcg_RE	0		0	1		0	0
Vitamin E.....mg_ATE	0.000		0	7		0.000	0.000
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.000		0	1		0.000	0.000
4:0.....g	0.000		0	4		0.000	0.000
6:0.....g	0.000		0	4		0.000	0.000
8:0.....g	0.000		0	4		0.000	0.000
10:0.....g	0.000		0	4		0.000	0.000
11:0.....g							
12:0.....g	0.000		0	4		0.000	0.000
13:0.....g							
14:0.....g	0.000		0	4		0.000	0.000
15:0.....g							
16:0.....g	0.000		0	1		0.000	0.000
17:0.....g							
18:0.....g	0.000		0	1		0.000	0.000
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.000		0	1		0.000	0.000
14:1.....g							
15:1.....g							

NDB No. 06112
 Sauce, teriyaki, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.000		0	1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 288.000g: 1 cup
 Measure 2 = 18.000g: 1 tbsp
 Measure 3 = 36.000g: 1 fl oz

Calories Factors: Protein 3.6

Fat 8.5

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06113

Sauce, white, dehydrated, dry

Refuse: 0%

NDB No. 06113

Sauce, white, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	11.880		0	1		2.352	5.892	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	6.970		0	1		1.380	3.457	
18:2 undifferentiated.....g	6.540		0	1		1.295	3.244	
18:3 undifferentiated.....g	0.430		0	1		0.085	0.213	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19.800g: 1 cup (8 fl oz)

Measure 2 = 49.600g: 1 packet

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06114

Gravy, au jus, canned

Refuse: 0%

NDB No. 06114

Gravy, au jus, canned

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.030	
17:1.....g								
18:1 undifferentiated.....g	0.070		0	1		0.167	0.209	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.010		0	1		0.024	0.030	
18:2 undifferentiated.....g	0.010		0	1		0.024	0.030	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238.400g: 1 cup

Measure 2 = 298.000g: 1 can

Calories Factors: Protein 3.5

Fat 9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06115
Gravy, au jus, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	2.74		10	12		0.08	
Energy.....kcal	313		0	4		9	
Energy.....kj	1310			4		39	
Protein.....g	9.20		8	1		0.28	
Total lipid (fat).....g	9.63		8	12		0.29	
Ash.....g	30.94		8	1		0.93	
Carbohydrate, by difference.....g	47.49		0	4		1.42	
Fiber, total dietary.....g							
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	140		6	1		4	
Iron, Fe.....mg	9.30		4	1		0.28	
Magnesium, Mg.....mg	56		1	1		2	
Phosphorus, P.....mg	153		0	4		5	
Potassium, K.....mg	279		0	4		8	
Sodium, Na.....mg	11588		7	1		348	
Zinc, Zn.....mg	0.70	0.011	3	1		0.02	
Copper, Cu.....mg	0.120	0.004	3	1		0.004	
Manganese, Mn.....mg	0.268		0	4		0.008	
Selenium, Se.....mcg	6.2		0	4		0.2	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	1.0		4	1		0.0	
Thiamin.....mg	0.472		0	4		0.014	
Riboflavin.....mg	0.324		0	4		0.010	
Niacin.....mg	4.087		0	4		0.123	
Pantothenic acid.....mg	0.157		0	4		0.005	
Vitamin B-6.....mg	0.174		0	4		0.005	
Folate, total.....mcg	81		0	4		2	
Folic acid.....mcg	0		0	7		0	
Folate, food.....mcg	81		0	4		2	
Folate, DFE.....mcg_DFE	81		0	4		2	
Vitamin B-12.....mcg	0.32		0	4		0.01	
Vitamin A, IU.....IU	10		4	12		0	
Vitamin A, RE.....mcg_RE	1		0	9		0	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	2.026		4	12		0.061	
4:0.....g	0.000		0	4		0.000	
6:0.....g	0.000		0	4		0.000	
8:0.....g	0.000		0	4		0.000	
10:0.....g	0.000		0	4		0.000	
11:0.....g							
12:0.....g	0.010		0	4		0.000	
13:0.....g							
14:0.....g	0.128		0	4		0.004	
15:0.....g							
16:0.....g	1.039		0	4		0.031	
17:0.....g							
18:0.....g	0.768		0	4		0.023	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.683		0	4		0.140	
14:1.....g							
15:1.....g							

NDB No. 06115
Gravy, au jus, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.110		0	4		0.003		
17:1.....g								
18:1 undifferentiated.....g	1.989		0	4		0.060		
20:1.....g	0.009		0	4		0.000		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.230		0	4		0.007		
18:2 undifferentiated.....g	0.205		0	4		0.006		
18:3 undifferentiated.....g	0.024		0	4		0.001		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	4		4	12		0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.000g: 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06116

Gravy, beef, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	87.48	0.302	5	1	203.83	254.57	
Energy.....kcal	53		0	4	123	154	
Energy.....kj	222			4	517	645	
Protein (N x 6.25).....g	3.75	0.198	5	1	8.74	10.91	
Total lipid (fat).....g	2.36		5	1	5.50	6.87	
Ash.....g	1.60	0.063	5	1	3.73	4.66	
Carbohydrate, by difference.....g	4.81		0	4	11.21	14.00	
Fiber, total dietary.....g	0.4		0	1	0.9	1.2	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	6	1.265	5	1	14	17	
Iron, Fe.....mg	0.70	0.127	5	1	1.63	2.04	
Magnesium, Mg.....mg	2		0	1	5	6	
Phosphorus, P.....mg	30		1	1	70	87	
Potassium, K.....mg	81		1	1	189	236	
Sodium, Na.....mg	560	1.225	5	1	1305	1630	
Zinc, Zn.....mg	1.00		1	1	2.33	2.91	
Copper, Cu.....mg	0.100		1	1	0.233	0.291	
Manganese, Mn.....mg	0.200		1	1	0.466	0.582	
Selenium, Se.....mcg	1.0		1	1	2.3	2.9	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		5	1	0.0	0.0	
Thiamin.....mg	0.032	0.005	5	1	0.075	0.093	
Riboflavin.....mg	0.036	0.004	5	1	0.084	0.105	
Niacin.....mg	0.660	0.075	5	1	1.538	1.921	
Pantothenic acid.....mg	0.020		0	1	0.047	0.058	
Vitamin B-6.....mg	0.010		0	1	0.023	0.029	
Folate, total.....mcg	2		0	1	5	6	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	2		0	1	5	6	
Folate, DFE.....mcg_DFE	2		0	4	5	6	
Vitamin B-12.....mcg	0.10		0	1	0.23	0.29	
Vitamin A, IU.....IU	0		0	1	0	0	
Vitamin A, RE.....mcg_RE	0		0	1	0	0	
Vitamin E.....mg_ATE	0.063		0	4	0.147	0.183	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.153		0	1	2.686	3.355	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.020		0	1	0.047	0.058	
13:0.....g							
14:0.....g	0.090		0	1	0.210	0.262	
15:0.....g							
16:0.....g	0.591		0	1	1.377	1.720	
17:0.....g							
18:0.....g	0.451		0	1	1.051	1.312	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.962		0	1	2.241	2.799	
14:1.....g							
15:1.....g							

NDB No. 06116

Gravy, beef, canned

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.100		0	1		0.233	0.291	
17:1.....g								
18:1 undifferentiated.....g	0.852		0	1		1.985	2.479	
20:1.....g	0.010		0	1		0.023	0.029	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.080		0	1		0.186	0.233	
18:2 undifferentiated.....g	0.070		0	1		0.163	0.204	
18:3 undifferentiated.....g	0.010		0	1		0.023	0.029	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		7	9	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233.000g: 1 cup

Measure 2 = 291.000g: 1 can

Calories Factors: Protein 3.5

Fat 9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06118

Gravy, brown, dry

Refuse: 0%

NDB No. 06118
Gravy, brown, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.264		0	4		0.016		
17:1.....g								
18:1 undifferentiated.....g	4.092		0	4		0.246		
20:1.....g	0.045		0	4		0.003		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.405		0	4		0.024		
18:2 undifferentiated.....g	0.363		0	4		0.022		
18:3 undifferentiated.....g	0.030		0	4		0.002		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	3		7	12		0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.000g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06119

Gravy, chicken, canned

Refuse: 0%

NDB No. 06119

Gravy, chicken, canned

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.160		0	1		0.381	0.477	
17:1.....g								
18:1 undifferentiated.....g	2.340		0	1		5.569	6.973	
20:1.....g	0.030		0	1		0.071	0.089	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.500		0	1		3.570	4.470	
18:2 undifferentiated.....g	1.420		0	1		3.380	4.232	
18:3 undifferentiated.....g	0.070		0	1		0.167	0.209	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	6	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238.000g: 1 cup

Measure 2 = 298.000g: 1 can

Calories Factors: Protein 3.4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06120

Gravy, chicken, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	3.85		21	12	0.31	0.31	
Energy.....kcal	381		0	4	30	30	
Energy.....kj	1594			4	128	128	
Protein.....g	11.27		27	1	0.90	0.90	
Total lipid (fat).....g	9.73		19	12	0.78	0.78	
Ash.....g	13.06		19	1	1.04	1.04	
Carbohydrate, by difference.....g	62.09		0	4	4.97	4.97	
Fiber, total dietary.....g							
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	146		9	1	12	12	
Iron, Fe.....mg	1.33		7	1	0.11	0.11	
Magnesium, Mg.....mg	40		0	4	3	3	
Phosphorus, P.....mg	249		0	4	20	20	
Potassium, K.....mg	404		0	4	32	32	
Sodium, Na.....mg	4152		20	1	332	332	
Zinc, Zn.....mg	1.39	0.000	3	1	0.11	0.11	
Copper, Cu.....mg	0.112	0.002	3	1	0.009	0.009	
Manganese, Mn.....mg	0.219		0	4	0.018	0.018	
Selenium, Se.....mcg	5.2		0	4	0.4	0.4	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.6		7	1	0.0	0.0	
Thiamin.....mg	0.249		0	4	0.020	0.020	
Riboflavin.....mg	0.634		2	1	0.051	0.051	
Niacin.....mg	4.018		0	4	0.321	0.321	
Pantothenic acid.....mg	1.286		0	4	0.103	0.103	
Vitamin B-6.....mg	0.202		0	4	0.016	0.016	
Folate, total.....mcg	125		0	4	10	10	
Folic acid.....mcg	16		0	4	1	1	
Folate, food.....mcg	109		0	4	9	9	
Folate, DFE.....mcg_DFE	136		0	4	11	11	
Vitamin B-12.....mcg	0.48		0	4	0.04	0.04	
Vitamin A, IU.....IU	308		7	12	25	25	
Vitamin A, RE.....mcg_RE	37		0	9	3	3	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	2.920		7	12	0.234	0.234	
4:0.....g	0.000		0	4	0.000	0.000	
6:0.....g	0.000		0	4	0.000	0.000	
8:0.....g	0.000		0	4	0.000	0.000	
10:0.....g	0.000		0	4	0.000	0.000	
11:0.....g							
12:0.....g	0.007		0	4	0.001	0.001	
13:0.....g							
14:0.....g	0.066		0	4	0.005	0.005	
15:0.....g							
16:0.....g	2.231		0	4	0.178	0.178	
17:0.....g							
18:0.....g	0.561		0	4	0.045	0.045	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.648		0	4	0.372	0.372	
14:1.....g							
15:1.....g							

NDB No. 06120

Gravy, chicken, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.666		0	4		0.053	0.053	
17:1.....g								
18:1 undifferentiated.....g	0.400		0	4		0.032	0.032	
20:1.....g	0.051		0	4		0.004	0.004	
22:1 undifferentiated.....g	0.014		0	4		0.001	0.001	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.877		0	4		0.150	0.150	
18:2 undifferentiated.....g	0.094		0	4		0.008	0.008	
18:3 undifferentiated.....g	0.000		0	4		0.000	0.000	
18:4.....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	
20:5 n-3.....g	0.000		0	4		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	
22:6 n-3.....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	19		7	12		2	2	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.000g: 1 tbsp

Measure 2 = 8.000g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06121

Gravy, mushroom, canned

Refuse: 0%

NDB No. 06121

Gravy, mushroom, canned

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.030	
17:1.....g								
18:1 undifferentiated.....g	1.150		0	1		2.742	3.427	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.020		0	1		2.432	3.040	
18:2 undifferentiated.....g	0.950		0	1		2.265	2.831	
18:3 undifferentiated.....g	0.070		0	1		0.167	0.209	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238.400g: 1 cup

Measure 2 = 298.000g: 1 can

Calories Factors: Protein 3.4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06122

Gravy, mushroom, dehydrated, dry

Refuse: 0%

NDB No. 06122

Gravy, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.130		0	1		0.028		
17:1.....g								
18:1 undifferentiated.....g	1.140		0	1		0.243		
20:1.....g	0.010		0	1		0.002		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.140		0	1		0.030		
18:2 undifferentiated.....g	0.110		0	1		0.023		
18:3 undifferentiated.....g	0.020		0	1		0.004		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		1		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21.300g: 1 cup (8 fl oz)

Calories Factors: Protein 3.4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06123

Gravy, onion, dehydrated, dry

Refuse: 0%

NDB No. 06123

Gravy, onion, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.080		0	1		0.019		
17:1.....g								
18:1 undifferentiated.....g	0.720		0	1		0.173		
20:1.....g	0.070		0	1		0.017		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.140		0	1		0.034		
18:2 undifferentiated.....g	0.080		0	1		0.019		
18:3 undifferentiated.....g	0.010		0	1		0.002		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24.000g: 1 cup (8 fl oz)

Calories Factors: Protein 3.5

Fat 9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06124

Gravy, pork, dry

Refuse: 0%

NDB No. 06124
Gravy, pork, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.217		0	4		0.015		
17:1.....g								
18:1 undifferentiated.....g	3.571		0	4		0.239		
20:1.....g	0.040		0	4		0.003		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.454		0	4		0.030		
18:2 undifferentiated.....g	0.418		0	4		0.028		
18:3 undifferentiated.....g	0.035		0	4		0.002		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	10		1	1		1		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.700g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06125

Gravy, turkey, canned

Refuse: 0%

NDB No. 06125

Gravy, turkey, canned

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.130		0	1		0.310	0.019	0.007
17:1.....g								
18:1 undifferentiated.....g	0.750		0	1		1.788	0.112	0.038
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.490		0	1		1.168	0.073	0.025
18:2 undifferentiated.....g	0.450		0	1		1.073	0.067	0.023
18:3 undifferentiated.....g	0.030		0	1		0.072	0.004	0.002
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.010		0	1		0.024	0.001	0.001
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238.400g: 1 cup

Measure 2 = 14.900g: 1 tbsp

Measure 3 = 5.000g: 1 tsp

Calories Factors: Protein 3.4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06126
Gravy, turkey, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	4.67		7	12		0.33	
Energy.....kcal	367		0	4		26	
Energy.....kj	1536			4		107	
Protein.....g	10.42		7	1		0.73	
Total lipid (fat).....g	7.19		7	12		0.50	
Ash.....g	12.61		7	1		0.88	
Carbohydrate, by difference.....g	65.12		0	4		4.56	
Fiber, total dietary.....g							
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	146		6	1		10	
Iron, Fe.....mg	3.29		4	1		0.23	
Magnesium, Mg.....mg	44		0	4		3	
Phosphorus, P.....mg	254		0	4		18	
Potassium, K.....mg	428		0	4		30	
Sodium, Na.....mg	4392		6	1		307	
Zinc, Zn.....mg	1.26		0	4		0.09	
Copper, Cu.....mg	0.133		0	4		0.009	
Manganese, Mn.....mg	0.219		0	4		0.015	
Selenium, Se.....mcg	5.2		0	4		0.4	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.2		4	1		0.0	
Thiamin.....mg	0.211		0	4		0.015	
Riboflavin.....mg	0.450		2	1		0.032	
Niacin.....mg	2.770		0	4		0.194	
Pantothenic acid.....mg	1.012		0	4		0.071	
Vitamin B-6.....mg	0.204		0	4		0.014	
Folate, total.....mcg	82		0	4		6	
Folic acid.....mcg	16		0	4		1	
Folate, food.....mcg	66		0	4		5	
Folate, DFE.....mcg_DFE	93		0	4		7	
Vitamin B-12.....mcg	0.58		0	4		0.04	
Vitamin A, IU.....IU	35		4	12		2	
Vitamin A, RE.....mcg_RE	8		0	9		1	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	1.975		4	12		0.138	
4:0.....g	0.018		0	4		0.001	
6:0.....g	0.011		0	4		0.001	
8:0.....g	0.007		0	4		0.000	
10:0.....g	0.020		0	4		0.001	
11:0.....g							
12:0.....g	0.029		0	4		0.002	
13:0.....g							
14:0.....g	0.129		0	4		0.009	
15:0.....g							
16:0.....g	1.203		0	4		0.084	
17:0.....g							
18:0.....g	0.494		0	4		0.035	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.575		0	4		0.180	
14:1.....g							
15:1.....g							

NDB No. 06126
Gravy, turkey, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.171		0	4		0.012		
17:1.....g								
18:1 undifferentiated.....g	2.327		0	4		0.163		
20:1.....g	0.034		0	4		0.002		
22:1 undifferentiated.....g	0.018		0	4		0.001		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.196		0	4		0.154		
18:2 undifferentiated.....g	1.973		0	4		0.138		
18:3 undifferentiated.....g	0.209		0	4		0.015		
18:4.....g	0.014		0	4		0.001		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	14		4	12		1		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.000g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06127

Gravy, unspecified type, dry

Refuse: 0%

NDB No. 06127

Gravy, unspecified type, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.010		
17:1.....g								
18:1 undifferentiated.....g	3.090		0	1		0.766		
20:1.....g	0.000		0	1		0.000		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.620		0	1		0.402		
18:2 undifferentiated.....g	1.520		0	1		0.377		
18:3 undifferentiated.....g	0.100		0	1		0.025		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24.800g: 1 cup (8 fl oz)

Calories Factors: Protein 3.4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06128

Soup, chicken noodle mix, dehydrated, dry form

Refuse: 0%

NDB No. 06128

Soup, chicken noodle mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.265		0	4		0.197	0.029	
17:1.....g								
18:1 undifferentiated.....g	3.060		0	4		2.277	0.340	
20:1.....g	0.030		0	4		0.022	0.003	
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.562		0	4		1.906	0.284	
18:2 undifferentiated.....g	2.334		0	4		1.736	0.259	
18:3 undifferentiated.....g	0.142		0	4		0.106	0.016	
18:4.....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.041		0	4		0.031	0.005	
20:5 n-3.....g	0.002		0	4		0.001	0.000	
22:2.....g								
22:5 n-3.....g	0.005		0	4		0.004	0.001	
22:6 n-3.....g	0.013		0	4		0.010	0.001	
Fatty acids, total trans.....g								
Cholesterol.....mg	74		0	9		55	8	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	4		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 74.400g: 1 packet

Measure 2 = 11.100g: 1 packet (6 fl oz)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06129

Sauce, NESTLE, CHEF-MATE Teriyaki Sauce, ready-to-serve

Refuse: 0%

NDB No. 06129

Sauce, NESTLE, CHEF-MATE Teriyaki Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.007		0	4		0.001	0.145	0.001
17:1.....g								
18:1 undifferentiated.....g	1.061		0	4		0.170	21.963	0.170
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.745		0	4		0.279	36.122	0.279
18:2 undifferentiated.....g	1.644		0	4		0.263	34.031	0.263
18:3 undifferentiated.....g	0.102		0	4		0.016	2.111	0.016
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.000g: 1 tbsp

Measure 2 = 2070.000g: 1 package

Measure 3 = 16.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06130

Sauce, NESTLE, CHEF-MATE All Purpose Stir Fry Sauce, ready-to-serve

Refuse: 0%

NDB No. 06130

Sauce, NESTLE, CHEF-MATE All Purpose Stir Fry Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.009		0	4		0.001	0.181	0.001
17:1.....g								
18:1 undifferentiated.....g	1.265		0	4		0.190	25.464	0.190
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.082		0	4		0.312	41.911	0.312
18:2 undifferentiated.....g	1.960		0	4		0.294	39.455	0.294
18:3 undifferentiated.....g	0.122		0	4		0.018	2.456	0.018
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.000g: 1 tbsp

Measure 2 = 2013.000g: 1 package

Measure 3 = 15.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06131

Sauce, NESTLE, CHEF-MATE Sweet N' Sour Glaze, ready-to-serve

Refuse: 0%

NDB No. 06131

Sauce, NESTLE, CHEF-MATE Sweet N' Sour Glaze, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.006		0	4		0.131	0.002	0.002
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.032		0	4		0.699	0.010	0.010
18:2 undifferentiated.....g	0.019		0	4		0.415	0.006	0.006
18:3 undifferentiated.....g	0.004		0	4		0.087	0.001	0.001
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2183.000g: 1 package

Measure 2 = 32.000g: 1 serving

Measure 3 = 32.000g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06132

Sauce, NESTLE, CHEF-MATE Sweet N' Sour Sauce, ready-to-serve

Refuse: 0%

NDB No. 06132

Sauce, NESTLE, CHEF-MATE Sweet N' Sour Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.005		0	4		0.102	0.002	0.002
17:1.....g								
18:1 undifferentiated.....g	0.690		0	4		14.083	0.228	0.228
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.142		0	4		23.308	0.377	0.377
18:2 undifferentiated.....g	1.072		0	4		21.880	0.354	0.354
18:3 undifferentiated.....g	0.068		0	4		1.388	0.022	0.022
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2041.000g: 1 package

Measure 2 = 33.000g: 1 serving

Measure 3 = 33.000g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06135

Sauce, NESTLE, CHEF-MATE Coney Island Style Hot Dog Sauce, ready-to-serve

Refuse: 0%

NDB No. 06135

Sauce, NESTLE, CHEF-MATE Coney Island Style Hot Dog Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.054		0	4		0.134	1.623	0.033
17:1.....g								
18:1 undifferentiated.....g	2.385		0	4		5.915	71.669	1.479
20:1.....g	0.001		0	4		0.002	0.030	0.001
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.431		0	4		8.509	103.102	2.127
18:2 undifferentiated.....g	3.219		0	4		7.983	96.731	1.996
18:3 undifferentiated.....g	0.206		0	4		0.511	6.190	0.128
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.004		0	4		0.010	0.120	0.002
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	3		3	12		7	90	2
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 3005.000g: 1 package

Measure 3 = 62.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06136

Sauce, mole poblano, prepared from recipe**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			Measure 1	Measure 2	Measure 3
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code				
Proximates:									
Water.....g	71.54		1	1		173.48	89.68		
Energy.....kcal	164		0	4		398	206		
Energy.....kj	686			4		1664	860		
Protein (N x 6.25).....g	3.54		1	1		8.58	4.44		
Total lipid (fat).....g	10.95		1	1		26.55	13.73		
Ash.....g	1.03		1	1		2.50	1.29		
Carbohydrate, by difference.....g	12.94		0	4		31.38	16.22		
Fiber, total dietary.....g	4.2		1	1		10.2	5.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		1	1		58	30		
Iron, Fe.....mg	1.85		1	1		4.49	2.32		
Magnesium, Mg.....mg	32		1	1		78	40		
Phosphorus, P.....mg	82		1	1		199	103		
Potassium, K.....mg	326		1	1		791	409		
Sodium, Na.....mg	134		1	1		325	168		
Zinc, Zn.....mg	0.46		1	1		1.12	0.58		
Copper, Cu.....mg	0.189		1	1		0.458	0.237		
Manganese, Mn.....mg	0.234		1	1		0.567	0.293		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	1		0.0	0.0		
Thiamin.....mg	0.022		1	1		0.053	0.028		
Riboflavin.....mg	0.000		1	1		0.000	0.000		
Niacin.....mg	1.640		1	1		3.977	2.056		
Pantothenic acid.....mg	0.239		1	1		0.580	0.300		
Vitamin B-6.....mg	0.251		1	1		0.609	0.315		
Folate, total.....mcg	28		1	1		68	35		
Folic acid.....mcg	0		0	7		0	0		
Folate, food.....mcg	28		1	1		68	35		
Folate, DFE.....mcg_DFE	28		0	4		68	35		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RE.....mcg_RE									
Vitamin E.....mg_ATE									
Vitamin D.....IU									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242.490g: 1 cup, sauce

Measure 2 = 125.360g: .5 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06137

Sauce, mole poblano, dry mix, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.12		1	1		10.91	5.22	
Energy.....kcal	571		0	4		1512	723	
Energy.....kj	2389			4		6326	3026	
Protein (N x 6.25).....g	7.48		1	1		19.81	9.47	
Total lipid (fat).....g	41.58		1	1		110.11	52.67	
Ash.....g	5.12		1	1		13.56	6.49	
Carbohydrate, by difference.....g	41.70		0	4		110.43	52.82	
Fiber, total dietary.....g	10.1		1	1		26.7	12.8	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	302		1	1		800	383	
Iron, Fe.....mg	5.71		1	1		15.12	7.23	
Magnesium, Mg.....mg	127		1	1		336	161	
Phosphorus, P.....mg	254		1	1		673	322	
Potassium, K.....mg	602		1	1		1594	763	
Sodium, Na.....mg	1164		1	1		3082	1474	
Zinc, Zn.....mg	2.50		1	1		6.62	3.17	
Copper, Cu.....mg	0.684		1	1		1.811	0.866	
Manganese, Mn.....mg	1.137		1	1		3.011	1.440	
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1	1		0.0	0.0	
Thiamin.....mg	0.136		1	1		0.360	0.172	
Riboflavin.....mg	0.573		1	1		1.517	0.726	
Niacin.....mg	2.544		1	1		6.737	3.222	
Pantothenic acid.....mg	0.232		1	1		0.614	0.294	
Vitamin B-6.....mg	0.752		1	1		1.991	0.953	
Folate, total.....mcg	74		1	1		196	94	
Folic acid.....mcg	0		0	7		0	0	
Folate, food.....mcg	74		1	1		196	94	
Folate, DFE.....mcg_DFE	74		0	4		196	94	
Vitamin B-12.....mcg								
Vitamin A, IU.....IU								
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 264.810g: 1 cup, sauce

Measure 2 = 126.670g: .5 cup

Calories Factors: Protein 4**Fat 9****Carbohydrate 4****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06139

Sauce, LA VICTORIA, LA VICTORIA Chunky Chili Dip, salsa, canned**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	90.78		2	1		27.23		
Energy.....kcal	31		0	9		9		
Energy.....kj	130			9		39		
Protein.....g	0.79		2	1		0.24		
Total lipid (fat).....g	0.16		2	1		0.05		
Ash.....g	1.72		2	1		0.52		
Carbohydrate, by difference.....g	6.54		0	9		1.96		
Fiber, total dietary.....g	0.5		1	1		0.2		
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	14		1	1		4		
Iron, Fe.....mg	0.04		1	1		0.01		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	493		1	1		148		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	10.5		1	1		3.2		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	211		1	1		63		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.000g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06140

Sauce, RIDG'S, BULLS-EYE Original Barbecue Sauce**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	53.30		1	1		19.19		
Energy.....kcal	175		0	9		63		
Energy.....kj	732			9		264		
Protein.....g	1.20		1	1		0.43		
Total lipid (fat).....g	0.20		1	1		0.07		
Ash.....g	3.20		1	1		1.15		
Carbohydrate, by difference.....g	42.10		0	9		15.16		
Fiber, total dietary.....g								
Sugars, total.....g	31.90		1	1		11.48		
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	838		1	1		302		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.000g: 2 tbsp

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06141

Sauce, MARZETTI, TEXAS BEST Barbecue Sauce Original Recipe**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	71.75		0	9		22.96		
Energy.....kcal	131		0	9		42		
Energy.....kj	548			9		175		
Protein.....g	2.02		0	9		0.65		
Total lipid (fat).....g	8.30		0	9		2.66		
Ash.....g	5.32		0	9		1.70		
Carbohydrate, by difference.....g	12.61		0	9		4.04		
Fiber, total dietary.....g								
Sugars, total.....g	8.71		0	9		2.79		
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	984		0	9		315		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	1.837		0	9		0.588		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	9		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32.000g: 2 tbsp

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06142

Sauce, sofrito, prepared from recipe**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	59.66		2	1		8.89	61.35	
Energy.....kcal	237		0	4		35	244	
Energy.....kj	992			4		148	1020	
Protein.....g	12.80		2	1		1.91	13.16	
Total lipid (fat).....g	18.20		2	1		2.71	18.72	
Ash.....g	3.88		2	1		0.58	3.99	
Carbohydrate, by difference.....g	5.46		0	4		0.81	5.62	
Fiber, total dietary.....g	1.7		2	1		0.3	1.7	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	20		2	1		3	21	
Iron, Fe.....mg	0.94		2	1		0.14	0.97	
Magnesium, Mg.....mg	25		2	1		4	26	
Phosphorus, P.....mg	139		2	1		21	143	
Potassium, K.....mg	401		2	1		60	412	
Sodium, Na.....mg	1145		2	1		171	1178	
Zinc, Zn.....mg	1.41		2	1		0.21	1.45	
Copper, Cu.....mg	0.165		2	1		0.025	0.170	
Manganese, Mn.....mg	0.191		1	1		0.028	0.196	
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	20.4		2	1		3.0	21.0	
Thiamin.....mg	0.284		2	1		0.042	0.292	
Riboflavin.....mg	0.212		2	1		0.032	0.218	
Niacin.....mg	2.918		2	1		0.435	3.001	
Pantothenic acid.....mg	0.597		2	1		0.089	0.614	
Vitamin B-6.....mg	0.364		2	1		0.054	0.374	
Folate, total.....mcg	43		2	1		6	44	
Folic acid.....mcg	0		0	7		0	0	
Folate, food.....mcg	43		2	1		6	44	
Folate, DFE.....mcg_DFE	43		0	4		6	44	
Vitamin B-12.....mcg								
Vitamin A, IU.....IU								
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.900g: 1 tbsp

Measure 2 = 102.840g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06143

USDA Commodity, spaghetti sauce, meatless, canned

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion		Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
Proximates:							
Water.....g	87.10		1	1			
Energy.....kcal	48		0	4			
Energy.....kj	201			4			
Protein.....g	1.20		1	1			
Total lipid (fat).....g	0.90		1	1			
Ash.....g	2.10		1	1			
Carbohydrate, by difference.....g	8.70		0	4			
Fiber, total dietary.....g							
Sugars, total.....g	4.70		0	4			
Sucrose.....g	0.90		1	1			
Glucose (dextrose).....g	2.00		1	1			
Fructose.....g	1.80		1	1			
Lactose.....g							
Maltose.....g							
Galactose.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	20		1	1			
Iron, Fe.....mg	0.90		1	1			
Magnesium, Mg.....mg	13		1	1			
Phosphorus, P.....mg	25		1	1			
Potassium, K.....mg	292		1	1			
Sodium, Na.....mg	590		1	1			
Zinc, Zn.....mg	0.21		1	1			
Copper, Cu.....mg							
Manganese, Mn.....mg							
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	3.9		1	1			
Thiamin.....mg	0.030		1	1			
Riboflavin.....mg	0.120		1	1			
Niacin.....mg	0.730		1	1			
Pantothenic acid.....mg							
Vitamin B-6.....mg	0.060		1	1			
Folate, total.....mcg							
Folate, DFE.....mcg_DFE							
Vitamin B-12.....mcg	0.00		1	1			
Vitamin A, IU.....IU	335		0	4			
Vitamin A, RE.....mcg_RE	34		1	1			
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.162		1	1			
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.120		1	1			
17:0.....g							
18:0.....g	0.042		1	1			
19:0.....g							
20:0.....g							
22:0.....g							

NDB No. 06143

USDA Commodity, spaghetti sauce, meatless, canned

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g								
Fatty acids, total monounsaturated.....g	0.210		1	1				
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g	0.210		1	1				
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.510		1	1				
18:2 undifferentiated.....g	0.453		1	1				
18:3 undifferentiated.....g	0.057		1	1				
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1	1				
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06147

Soup, beef mushroom, canned, condensed, commercial

Refuse: 0%

NDB No. 06147

Soup, beef mushroom, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.100		0	1		0.251	0.305	
17:1.....g								
18:1 undifferentiated.....g	0.860		0	1		2.159	2.623	
20:1.....g	0.010		0	1		0.025	0.031	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.100		0	1		0.251	0.305	
18:2 undifferentiated.....g	0.070		0	1		0.176	0.214	
18:3 undifferentiated.....g	0.010		0	1		0.025	0.031	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0	1		13	15	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06148

Sauce, sour cream, dehydrated, dry

Refuse: 0%

NDB No. 06148

Sauce, sour cream, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.470		0	1		0.331	0.165	
17:1.....g								
18:1 undifferentiated.....g	9.930		0	1		6.991	3.495	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.510		0	1		2.471	1.236	
18:2 undifferentiated.....g	3.040		0	1		2.140	1.070	
18:3 undifferentiated.....g	0.470		0	1		0.331	0.165	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	80		0	1		56	28	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70.400g: 1 cup (8 fl oz)

Measure 2 = 35.200g: 1 packet

Calories Factors: Protein 3.8**Fat** 8.4**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06149

Soup, chicken mushroom, canned, condensed, commercial

Refuse: 0%

NDB No. 06149

Soup, chicken mushroom, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.210		0	1		0.527	0.641	
17:1.....g								
18:1 undifferentiated.....g	2.940		0	1		7.379	8.967	
20:1.....g	0.040		0	1		0.100	0.122	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.850		0	1		4.644	5.643	
18:2 undifferentiated.....g	1.750		0	1		4.393	5.338	
18:3 undifferentiated.....g	0.090		0	1		0.226	0.275	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	1		20	24	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4.2**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06150

Sauce, barbecue sauce

Refuse: 0%

NDB No. 06150
 Sauce, barbecue sauce

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.001	
17:1.....g								
18:1 undifferentiated.....g	0.770		0	1		1.925	0.072	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.680		0	1		1.700	0.063	
18:2 undifferentiated.....g	0.630		0	1		1.575	0.059	
18:3 undifferentiated.....g	0.050		0	1		0.125	0.005	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup (8 fl oz)

Measure 2 = 9.300g: 1 packet

Calories Factors: Protein 3.6

Fat 8.5

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06151
Sauce, plum, ready-to-serve

Refuse: 0%

NDB No. 06151
 Sauce, plum, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.002		0	4		0.006	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.236		0	4		0.720	0.045	
20:1.....g	0.001		0	4		0.003	0.000	
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.588		0	4		1.793	0.112	
18:2 undifferentiated.....g	0.516		0	4		1.574	0.098	
18:3 undifferentiated.....g	0.069		0	4		0.210	0.013	
18:4.....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	
20:5 n-3.....g	0.000		0	4		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	
22:6 n-3.....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	4		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 305.000g: 1 cup

Measure 2 = 19.000g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06153

Sauce, NESTLE, ORTEGA Enchilada Sauce, ready-to-serve

Refuse: 0%

NDB No. 06153

Sauce, NESTLE, ORTEGA Enchilada Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.004		0	4		0.154	0.001	0.001
17:1.....g								
18:1 undifferentiated.....g	0.552		0	4		21.280	0.166	0.166
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.941		0	4		36.276	0.282	0.282
18:2 undifferentiated.....g	0.871		0	4		33.577	0.261	0.261
18:3 undifferentiated.....g	0.053		0	4		2.043	0.016	0.016
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3855.000g: 1 package

Measure 2 = 30.000g: 1 serving

Measure 3 = 30.000g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06154

Sauce, hollandaise, with vegetable oil, dehydrated, dry

Refuse: 0%

NDB No. 06154

Sauce, hollandaise, with vegetable oil, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.005	0.007	
17:1.....g								
18:1 undifferentiated.....g	4.060		0	1		0.670	1.007	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.750		0	1		0.454	0.682	
18:2 undifferentiated.....g	2.620		0	1		0.432	0.650	
18:3 undifferentiated.....g	0.120		0	1		0.020	0.030	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.010		0	1		0.002	0.002	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.500g: 1 cup (8 fl oz)

Measure 2 = 24.800g: 1 packet

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06155

Sauce, hollandaise, with butter fat, dehydrated, dry

Refuse: 0%

NDB No. 06155

Sauce, hollandaise, with butter fat, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	1.090		0	1		0.489	0.367	
17:1.....g								
18:1 undifferentiated.....g	12.150		0	1		5.455	4.095	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.170		0	1		0.974	0.731	
18:2 undifferentiated.....g	1.480		0	1		0.665	0.499	
18:3 undifferentiated.....g	0.610		0	1		0.274	0.206	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0	1		0.018	0.013	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	118		0	1		53	40	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44.900g: 1 cup (8 fl oz)

Measure 2 = 33.700g: 1 packet

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06156

Sauce, NESTLE, CHEF-MATE Hot Dog Chili Sauce, ready-to-serve

Refuse: 0%

NDB No. 06156

Sauce, NESTLE, CHEF-MATE Hot Dog Chili Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.147		0	4		4.501	0.093	0.093
17:1.....g								
18:1 undifferentiated.....g	1.320		0	4		40.418	0.832	0.832
20:1.....g	0.004		0	4		0.122	0.003	0.003
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.343		0	4		10.503	0.216	0.216
18:2 undifferentiated.....g	0.252		0	4		7.716	0.159	0.159
18:3 undifferentiated.....g	0.073		0	4		2.235	0.046	0.046
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.013		0	4		0.398	0.008	0.008
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	7		3	12		214	4	4
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3062.000g: 1 package

Measure 2 = 63.000g: 1 serving

Measure 3 = 63.000g: .25 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06157

Sauce, NESTLE, ORTEGA Picante Sauce, ready-to-serve

Refuse: 0%

NDB No. 06157

Sauce, NESTLE, ORTEGA Picante Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.017		0	4		0.655	0.005	0.005
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.100		0	4		3.855	0.030	0.030
18:2 undifferentiated.....g	0.047		0	4		1.812	0.014	0.014
18:3 undifferentiated.....g	0.002		0	4		0.077	0.001	0.001
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3855.000g: 1 package

Measure 2 = 30.000g: 1 serving

Measure 3 = 30.000g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06158

Soup, tomato bisque, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	75.32	0.277	13	1	193.57	235.00	
Energy.....kcal	96		0	4	247	300	
Energy.....kj	402			4	1032	1253	
Protein (N x 6.25).....g	1.76	0.058	13	1	4.52	5.49	
Total lipid (fat).....g	1.95	0.058	13	1	5.01	6.08	
Ash.....g	2.49	0.035	13	1	6.40	7.77	
Carbohydrate, by difference.....g	18.47		0	4	47.47	57.63	
Fiber, total dietary.....g	0.8		0	4	2.1	2.5	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	31	2.333	13	1	80	97	
Iron, Fe.....mg	0.64	0.046	13	1	1.64	2.00	
Magnesium, Mg.....mg	7		1	1	18	22	
Phosphorus, P.....mg	47		1	1	121	147	
Potassium, K.....mg	325		1	1	835	1014	
Sodium, Na.....mg	816	38.192	8	1	2097	2546	
Zinc, Zn.....mg	0.46		5	1	1.17	1.43	
Copper, Cu.....mg	0.100		1	1	0.257	0.312	
Manganese, Mn.....mg	0.200		1	1	0.514	0.624	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	4.6		1	1	11.8	14.4	
Thiamin.....mg	0.051	0.001	13	1	0.131	0.159	
Riboflavin.....mg	0.055	0.002	13	1	0.141	0.172	
Niacin.....mg	0.894	0.023	13	1	2.298	2.789	
Pantothenic acid.....mg	0.100		0	4	0.257	0.312	
Vitamin B-6.....mg	0.070		1	1	0.180	0.218	
Folate, total.....mcg	12		0	4	31	37	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	12		0	4	31	37	
Folate, DFE.....mcg_DFE	12		0	4	31	37	
Vitamin B-12.....mcg	0.00		1	1	0.00	0.00	
Vitamin A, IU.....IU	562		13	1	1444	1753	
Vitamin A, RE.....mcg_RE	56		0	1	144	175	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.420		0	1	1.079	1.310	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.020		0	1	0.051	0.062	
15:0.....g							
16:0.....g	0.240		0	1	0.617	0.749	
17:0.....g							
18:0.....g	0.090		0	1	0.231	0.281	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.530		0	1	1.362	1.654	
14:1.....g							
15:1.....g							

NDB No. 06158

Soup, tomato bisque, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.026	0.031	
17:1.....g								
18:1 undifferentiated.....g	0.510		0	1		1.311	1.591	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.870		0	1		2.236	2.714	
18:2 undifferentiated.....g	0.750		0	1		1.928	2.340	
18:3 undifferentiated.....g	0.110		0	1		0.283	0.343	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.018		0	1		0.046	0.056	
Threonine.....g	0.052		0	1		0.134	0.162	
Isoleucine.....g	0.060		0	1		0.154	0.187	
Leucine.....g	0.098		0	1		0.252	0.306	
Lysine.....g	0.070		0	1		0.180	0.218	
Methionine.....g	0.023		0	1		0.059	0.072	
Cystine.....g	0.019		0	1		0.049	0.059	
Phenylalanine.....g	0.060		0	1		0.154	0.187	
Tyrosine.....g	0.046		0	1		0.118	0.144	
Valine.....g	0.068		0	1		0.175	0.212	
Arginine.....g	0.051		0	1		0.131	0.159	
Histidine.....g	0.034		0	1		0.087	0.106	
Alanine.....g	0.050		0	1		0.129	0.156	
Aspartic acid.....g	0.154		0	1		0.396	0.480	
Glutamic acid.....g	0.605		0	1		1.555	1.888	
Glycine.....g	0.040		0	1		0.103	0.125	
Proline.....g	0.108		0	1		0.278	0.337	
Serine.....g	0.069		0	1		0.177	0.215	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257.000g: 1 cup (8 fl oz)

Measure 2 = 312.000g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06159

Soup, tomato, canned, condensed, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	81.25	0.343	13	1	203.94	247.81	
Energy.....kcal	68		0	4	171	207	
Energy.....kj	285			4	714	868	
Protein (N x 6.25).....g	1.64	0.031	10	1	4.12	5.00	
Total lipid (fat).....g	1.53	0.030	10	1	3.84	4.67	
Ash.....g	2.36	0.031	10	1	5.92	7.20	
Carbohydrate, by difference.....g	13.22		0	4	33.18	40.32	
Fiber, total dietary.....g	0.4		0	4	1.0	1.2	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	11	0.718	10	1	28	34	
Iron, Fe.....mg	1.40	0.132	10	1	3.51	4.27	
Magnesium, Mg.....mg	6		1	1	15	18	
Phosphorus, P.....mg	27		1	1	68	82	
Potassium, K.....mg	210		1	1	527	641	
Sodium, Na.....mg	554		0	4	1391	1690	
Zinc, Zn.....mg	0.19		3	1	0.49	0.59	
Copper, Cu.....mg	0.200		1	1	0.502	0.610	
Manganese, Mn.....mg	0.200		1	1	0.502	0.610	
Selenium, Se.....mcg	0.4		2	1	1.0	1.2	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	53.0	3.000	10	1	133.0	161.7	
Thiamin.....mg	0.070	0.004	10	1	0.176	0.214	
Riboflavin.....mg	0.040	0.002	10	1	0.100	0.122	
Niacin.....mg	1.130	0.040	10	1	2.836	3.447	
Pantothenic acid.....mg	0.120		0	4	0.301	0.366	
Vitamin B-6.....mg	0.090		1	1	0.226	0.275	
Folate, total.....mcg	12	1.014	3	1	29	36	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	12	1.014	3	1	29	36	
Folate, DFE.....mcg_DFE	12		0	4	29	36	
Vitamin B-12.....mcg	0.00		0	1	0.00	0.00	
Vitamin A, IU.....IU	555		10	1	1393	1693	
Vitamin A, RE.....mcg_RE	56		0	1	141	171	
Vitamin E.....mg_ATE	2.020		0	4	5.070	6.161	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.290		0	1	0.728	0.885	
4:0.....g	0.000		1	1	0.000	0.000	
6:0.....g	0.010		1	1	0.025	0.031	
8:0.....g	0.000		1	1	0.000	0.000	
10:0.....g	0.000		1	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		1	1	0.000	0.000	
13:0.....g							
14:0.....g	0.020		1	1	0.050	0.061	
15:0.....g							
16:0.....g	0.160		1	1	0.402	0.488	
17:0.....g							
18:0.....g	0.070		1	1	0.176	0.214	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.340		0	1	0.853	1.037	
14:1.....g							
15:1.....g							

NDB No. 06159

Soup, tomato, canned, condensed, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		1	1		0.025	0.031	
17:1.....g								
18:1 undifferentiated.....g	0.330		1	1		0.828	1.007	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.760		0	1		1.908	2.318	
18:2 undifferentiated.....g	0.630		1	1		1.581	1.922	
18:3 undifferentiated.....g	0.130		1	1		0.326	0.397	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.016		0	1		0.040	0.049	
Threonine.....g	0.041		0	1		0.103	0.125	
Isoleucine.....g	0.047		0	1		0.118	0.143	
Leucine.....g	0.079		0	1		0.198	0.241	
Lysine.....g	0.040		0	1		0.100	0.122	
Methionine.....g	0.018		0	1		0.045	0.055	
Cystine.....g	0.022		0	1		0.055	0.067	
Phenylalanine.....g	0.056		0	1		0.141	0.171	
Tyrosine.....g	0.034		0	1		0.085	0.104	
Valine.....g	0.053		0	1		0.133	0.162	
Arginine.....g	0.048		0	1		0.120	0.146	
Histidine.....g	0.029		0	1		0.073	0.088	
Alanine.....g	0.044		0	1		0.110	0.134	
Aspartic acid.....g	0.128		0	1		0.321	0.390	
Glutamic acid.....g	0.617		0	1		1.549	1.882	
Glycine.....g	0.042		0	1		0.105	0.128	
Proline.....g	0.107		0	1		0.269	0.326	
Serine.....g	0.063		0	1		0.158	0.192	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 305.000g: 1 can (10.75 oz)

Calories Factors: Protein 2.8**Fat** 8.7**Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06164

Sauce, ready-to-serve, salsa

Refuse: 0%

NDB No. 06164

Sauce, ready-to-serve, salsa

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.001		0	4		0.003	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.025		0	4		0.065	0.004	0.002
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.115		0	4		0.298	0.018	0.010
18:2 undifferentiated.....g	0.109		0	4		0.282	0.017	0.010
18:3 undifferentiated.....g	0.005		0	4		0.013	0.001	0.000
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	7		0	0	0
Theobromine.....mg	0		0	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259.000g: 1 cup

Measure 2 = 16.000g: 1 tbsp

Measure 3 = 8.900g: 1 packet

Calories Factors: Protein 2.44

Fat 8.87

Carbohydrate 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06165

Sauce, homemade, white, thin

Refuse: 0%

NDB No. 06165

Sauce, homemade, white, thin

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.045		0	1		0.113	0.056	
17:1.....g								
18:1 undifferentiated.....g	2.621		0	1		6.553	3.276	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.586		0	1		3.965	1.983	
18:2 undifferentiated.....g	1.491		0	1		3.728	1.864	
18:3 undifferentiated.....g	0.095		0	1		0.238	0.119	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	1		20	10	
Phytosterols.....mg	16		0	1		40	20	
Amino Acids:								
Tryptophan.....g	0.046		0	1		0.115	0.058	
Threonine.....g	0.147		0	1		0.368	0.184	
Isoleucine.....g	0.198		0	1		0.495	0.248	
Leucine.....g	0.320		0	1		0.800	0.400	
Lysine.....g	0.259		0	1		0.648	0.324	
Methionine.....g	0.082		0	1		0.205	0.103	
Cystine.....g	0.030		0	1		0.075	0.038	
Phenylalanine.....g	0.157		0	1		0.393	0.196	
Tyrosine.....g	0.157		0	1		0.393	0.196	
Valine.....g	0.219		0	1		0.548	0.274	
Arginine.....g	0.118		0	1		0.295	0.148	
Histidine.....g	0.089		0	1		0.223	0.111	
Alanine.....g	0.112		0	1		0.280	0.140	
Aspartic acid.....g	0.248		0	1		0.620	0.310	
Glutamic acid.....g	0.684		0	1		1.710	0.855	
Glycine.....g	0.069		0	1		0.173	0.086	
Proline.....g	0.316		0	1		0.790	0.395	
Serine.....g	0.177		0	1		0.443	0.221	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 125.000g: .5 cup

Calories Factors: Protein 4.2

Fat 8.7

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06166

Sauce, homemade, white, medium

Refuse: 0%

NDB No. 06166

Sauce, homemade, white, medium

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.042		0	1		0.105	0.053	
17:1.....g								
18:1 undifferentiated.....g	4.375		0	1		10.938	5.469	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.862		0	1		7.155	3.578	
18:2 undifferentiated.....g	2.713		0	1		6.783	3.391	
18:3 undifferentiated.....g	0.148		0	1		0.370	0.185	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	1		18	9	
Phytosterols.....mg	29		0	1		73	36	
Amino Acids:								
Tryptophan.....g	0.043		0	1		0.108	0.054	
Threonine.....g	0.138		0	1		0.345	0.173	
Isoleucine.....g	0.186		0	1		0.465	0.233	
Leucine.....g	0.300		0	1		0.750	0.375	
Lysine.....g	0.243		0	1		0.608	0.304	
Methionine.....g	0.077		0	1		0.193	0.096	
Cystine.....g	0.028		0	1		0.070	0.035	
Phenylalanine.....g	0.148		0	1		0.370	0.185	
Tyrosine.....g	0.148		0	1		0.370	0.185	
Valine.....g	0.205		0	1		0.513	0.256	
Arginine.....g	0.111		0	1		0.278	0.139	
Histidine.....g	0.083		0	1		0.208	0.104	
Alanine.....g	0.105		0	1		0.263	0.131	
Aspartic acid.....g	0.233		0	1		0.583	0.291	
Glutamic acid.....g	0.642		0	1		1.605	0.803	
Glycine.....g	0.065		0	1		0.163	0.081	
Proline.....g	0.297		0	1		0.743	0.371	
Serine.....g	0.166		0	1		0.415	0.208	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 125.000g: .5 cup

Calories Factors: Protein 4.2

Fat 8.7

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06167

Sauce, homemade, white, thick

Refuse: 0%

NDB No. 06167

Sauce, homemade, white, thick

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.038		0	1		0.095	0.048	
17:1.....g								
18:1 undifferentiated.....g	5.809		0	1		14.523	7.261	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.914		0	1		9.785	4.893	
18:2 undifferentiated.....g	3.722		0	1		9.305	4.653	
18:3 undifferentiated.....g	0.192		0	1		0.480	0.240	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	1		15	8	
Phytosterols.....mg	40		0	1		100	50	
Amino Acids:								
Tryptophan.....g	0.040		0	1		0.100	0.050	
Threonine.....g	0.129		0	1		0.323	0.161	
Isoleucine.....g	0.173		0	1		0.433	0.216	
Leucine.....g	0.280		0	1		0.700	0.350	
Lysine.....g	0.227		0	1		0.568	0.284	
Methionine.....g	0.071		0	1		0.178	0.089	
Cystine.....g	0.026		0	1		0.065	0.033	
Phenylalanine.....g	0.138		0	1		0.345	0.173	
Tyrosine.....g	0.138		0	1		0.345	0.173	
Valine.....g	0.191		0	1		0.478	0.239	
Arginine.....g	0.103		0	1		0.258	0.129	
Histidine.....g	0.078		0	1		0.195	0.098	
Alanine.....g	0.098		0	1		0.245	0.123	
Aspartic acid.....g	0.217		0	1		0.543	0.271	
Glutamic acid.....g	0.598		0	1		1.495	0.748	
Glycine.....g	0.061		0	1		0.153	0.076	
Proline.....g	0.276		0	1		0.690	0.345	
Serine.....g	0.155		0	1		0.388	0.194	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 125.000g: .5 cup

Calories Factors: Protein 4.2

Fat 8.7

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06168

Sauce, ready-to-serve, pepper or hot

Refuse: 0%

NDB No. 06168

Sauce, ready-to-serve, pepper or hot

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.001		1	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.029		1	1		0.001	0.000	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.196		0	1		0.009	0.002	
18:2 undifferentiated.....g	0.195		1	1		0.009	0.002	
18:3 undifferentiated.....g	0.001		1	1		0.000	0.000	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.007		0	1		0.000	0.000	
Threonine.....g	0.019		0	1		0.001	0.000	
Isoleucine.....g	0.017		0	1		0.001	0.000	
Leucine.....g	0.027		0	1		0.001	0.000	
Lysine.....g	0.023		0	1		0.001	0.000	
Methionine.....g	0.006		0	1		0.000	0.000	
Cystine.....g	0.010		0	1		0.000	0.000	
Phenylalanine.....g	0.016		0	1		0.001	0.000	
Tyrosine.....g	0.011		0	1		0.001	0.000	
Valine.....g	0.022		0	1		0.001	0.000	
Arginine.....g	0.025		0	1		0.001	0.000	
Histidine.....g	0.010		0	1		0.000	0.000	
Alanine.....g	0.021		0	1		0.001	0.000	
Aspartic acid.....g	0.073		0	1		0.003	0.001	
Glutamic acid.....g	0.067		0	1		0.003	0.001	
Glycine.....g	0.019		0	1		0.001	0.000	
Proline.....g	0.022		0	1		0.001	0.000	
Serine.....g	0.021		0	1		0.001	0.000	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 1.200g: .25 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06169

Sauce, ready-to-serve, pepper, TABASCO

Refuse: 0%

NDB No. 06169

Sauce, ready-to-serve, pepper, TABASCO

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.002		1	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.058		1	1		0.003	0.001	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.401		0	1		0.019	0.005	
18:2 undifferentiated.....g	0.398		1	1		0.019	0.005	
18:3 undifferentiated.....g	0.003		1	1		0.000	0.000	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.017		0	1		0.001	0.000	
Threonine.....g	0.048		0	1		0.002	0.001	
Isoleucine.....g	0.042		0	1		0.002	0.001	
Leucine.....g	0.068		0	1		0.003	0.001	
Lysine.....g	0.057		0	1		0.003	0.001	
Methionine.....g	0.016		0	1		0.001	0.000	
Cystine.....g	0.025		0	1		0.001	0.000	
Phenylalanine.....g	0.040		0	1		0.002	0.000	
Tyrosine.....g	0.027		0	1		0.001	0.000	
Valine.....g	0.055		0	1		0.003	0.001	
Arginine.....g	0.062		0	1		0.003	0.001	
Histidine.....g	0.026		0	1		0.001	0.000	
Alanine.....g	0.053		0	1		0.002	0.001	
Aspartic acid.....g	0.185		0	1		0.009	0.002	
Glutamic acid.....g	0.171		0	1		0.008	0.002	
Glycine.....g	0.048		0	1		0.002	0.001	
Proline.....g	0.056		0	1		0.003	0.001	
Serine.....g	0.052		0	1		0.002	0.001	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.700g: 1 tsp

Measure 2 = 1.200g: .25 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06174

Soup, stock, fish, home-prepared**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	96.96		2	1		225.92	
Energy.....kcal	17		0	4		40	
Energy.....kj	71			4		166	
Protein (N x 6.25).....g	2.26		2	1		5.27	
Total lipid (fat).....g	0.81		2	1		1.89	
Ash.....g	0.74		2	1		1.72	
Carbohydrate, by difference.....g	0.00		0	4		0.00	
Fiber, total dietary.....g	0.0		0	7		0.0	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	3		2	1		7	
Iron, Fe.....mg	0.01		2	1		0.02	
Magnesium, Mg.....mg	7		2	1		16	
Phosphorus, P.....mg	56		2	1		130	
Potassium, K.....mg	144		2	1		336	
Sodium, Na.....mg	156		2	1		363	
Zinc, Zn.....mg	0.06		2	1		0.14	
Copper, Cu.....mg	0.058		2	1		0.135	
Manganese, Mn.....mg	0.052		2	1		0.121	
Selenium, Se.....mcg	1.0		0	4		2.3	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.1		2	1		0.2	
Thiamin.....mg	0.033		2	1		0.077	
Riboflavin.....mg	0.076		2	1		0.177	
Niacin.....mg	1.186		2	1		2.763	
Pantothenic acid.....mg	0.329		2	1		0.767	
Vitamin B-6.....mg	0.037		2	1		0.086	
Folate, total.....mcg	20		2	1		47	
Folic acid.....mcg	0		0	7		0	
Folate, food.....mcg	20		2	1		47	
Folate, DFE.....mcg_DFE	20		0	4		47	
Vitamin B-12.....mcg	0.69		2	1		1.61	
Vitamin A, IU.....IU	0		2	1		0	
Vitamin A, RE.....mcg_RE	0		0	4		0	
Vitamin E.....mg_ATE	1.286		0	4		2.996	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.203		2	1		0.473	
4:0.....g	0.000		2	1		0.000	
6:0.....g	0.000		2	1		0.000	
8:0.....g	0.000		2	1		0.000	
10:0.....g	0.000		2	1		0.000	
11:0.....g							
12:0.....g	0.000		2	1		0.000	
13:0.....g							
14:0.....g	0.015		2	1		0.035	
15:0.....g							
16:0.....g	0.138		2	1		0.322	
17:0.....g							
18:0.....g	0.035		2	1		0.082	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.236		2	1		0.550	
14:1.....g							
15:1.....g							

NDB No. 06174

Soup, stock, fish, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.073		2	1		0.170		
17:1.....g								
18:1 undifferentiated.....g	0.148		2	1		0.345		
20:1.....g	0.006		2	1		0.014		
22:1 undifferentiated.....g	0.000		2	1		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.138		2	1		0.322		
18:2 undifferentiated.....g	0.009		2	1		0.021		
18:3 undifferentiated.....g	0.006		2	1		0.014		
18:4.....g	0.003		2	1		0.007		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.011		2	1		0.026		
20:5 n-3.....g	0.035		2	1		0.082		
22:2.....g								
22:5 n-3.....g	0.017		2	1		0.040		
22:6 n-3.....g	0.049		2	1		0.114		
Fatty acids, total trans.....g								
Cholesterol.....mg	1		2	1		2		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233.000g: 1 cup

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06175

Sauce, hoisin, ready-to-serve

Refuse: 0%

NDB No. 06175
 Sauce, hoisin, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		2	1		0.000		
17:1.....g								
18:1 undifferentiated.....g	0.963		2	1		0.154		
20:1.....g	0.000		2	1		0.000		
22:1 undifferentiated.....g	0.000		2	1		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.698		2	1		0.272		
18:2 undifferentiated.....g	1.524		2	1		0.244		
18:3 undifferentiated.....g	0.175		2	1		0.028		
18:4.....g	0.000		2	1		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		2	1		0.000		
20:5 n-3.....g	0.000		2	1		0.000		
22:2.....g								
22:5 n-3.....g	0.000		2	1		0.000		
22:6 n-3.....g	0.000		2	1		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	3		2	1		0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.000g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06176

Sauce, oyster, ready-to-serve

Refuse: 0%

NDB No. 06176

Sauce, oyster, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.005		2	1		0.000		
17:1.....g								
18:1 undifferentiated.....g	0.067		2	1		0.003		
20:1.....g	0.001		2	1		0.000		
22:1 undifferentiated.....g	0.000		2	1		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.066		2	1		0.003		
18:2 undifferentiated.....g	0.062		2	1		0.002		
18:3 undifferentiated.....g	0.002		2	1		0.000		
18:4.....g	0.000		2	1		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		2	1		0.000		
20:5 n-3.....g	0.001		2	1		0.000		
22:2.....g								
22:5 n-3.....g	0.000		2	1		0.000		
22:6 n-3.....g	0.001		2	1		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		2	1		0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.000g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06178
USDA Commodity, salsa

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.001		4					
17:1.....g								
18:1 undifferentiated.....g	0.016		4					
20:1.....g	0.000		4					
22:1 undifferentiated.....g	0.000		4					
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.107		4					
18:2 undifferentiated.....g	0.106		4					
18:3 undifferentiated.....g	0.001		4					
18:4.....g	0.000		4					
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		4					
20:5 n-3.....g	0.000		4					
22:2.....g								
22:5 n-3.....g	0.000		4					
22:6 n-3.....g	0.000		4					
Fatty acids, total trans.....g								
Cholesterol.....mg	0		7					
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		7					
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06179

Sauce, fish, ready-to-serve

Refuse: 0%

NDB No. 06179
 Sauce, fish, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.001		0	4		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.001		0	4		0.000	0.000	
20:1.....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.003		0	4		0.001	0.001	
18:2 undifferentiated.....g	0.000		0	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	4		0.000	0.000	
18:4.....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	
20:5 n-3.....g	0.001		0	4		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	
22:6 n-3.....g	0.002		0	4		0.000	0.001	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		2	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18.000g: 1 tbsp

Measure 2 = 28.350g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06180

Soup, shark fin, restaurant-prepared

Refuse: 0%

NDB No. 06180

Soup, shark fin, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.180		0	4		0.389		
17:1.....g								
18:1 undifferentiated.....g	0.365		0	4		0.788		
20:1.....g	0.015		0	4		0.032		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.341		0	4		0.737		
18:2 undifferentiated.....g	0.022		0	4		0.048		
18:3 undifferentiated.....g	0.015		0	4		0.032		
18:4.....g	0.007		0	4		0.015		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.027		0	4		0.058		
20:5 n-3.....g	0.086		0	4		0.186		
22:2.....g								
22:5 n-3.....g	0.042		0	4		0.091		
22:6 n-3.....g	0.121		0	4		0.261		
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	4		4		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 216.000g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06181

Sauce, NESTLE, CHEF-MATE Italian Sauce, ready-to-serve

Refuse: 0%

NDB No. 06181

Sauce, NESTLE, CHEF-MATE Italian Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.013		0	4		0.017	0.254	0.008
17:1.....g								
18:1 undifferentiated.....g	1.174		0	4		1.503	22.963	0.728
20:1.....g	0.005		0	4		0.006	0.098	0.003
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.271		0	4		0.347	5.301	0.168
18:2 undifferentiated.....g	0.256		0	4		0.328	5.007	0.159
18:3 undifferentiated.....g	0.016		0	4		0.020	0.313	0.010
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128.000g: 1 cup

Measure 2 = 1956.000g: 1 package

Measure 3 = 62.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06191

Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve

Refuse: 0%

NDB No. 06191

Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.002		0	4		0.005		
17:1.....g								
18:1 undifferentiated.....g	0.204		0	4		0.500		
20:1.....g	0.001		0	4		0.002		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.147		0	4		0.360		
18:2 undifferentiated.....g	0.139		0	4		0.341		
18:3 undifferentiated.....g	0.008		0	4		0.020		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	12		0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245.000g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06192

Soup, PROGRESSO HEALTHY CLASSICS SPLIT PEA, canned, ready-to-serve

Refuse: 0%

NDB No. 06192

Soup, PROGRESSO HEALTHY CLASSICS SPLIT PEA, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.024		0	4		0.061		
17:1.....g								
18:1 undifferentiated.....g	0.345		0	4		0.873		
20:1.....g	0.001		0	4		0.003		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.168		0	4		0.425		
18:2 undifferentiated.....g	0.147		0	4		0.372		
18:3 undifferentiated.....g	0.021		0	4		0.053		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	12		5		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253.000g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06197

Soup, PROGRESSO HEALTHY CLASSICS GARLIC AND PASTA, canned, ready-to-serve**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	88.00		0	4		213.84	
Energy.....kcal	41		0	9		100	
Energy.....kj	172			9		417	
Protein.....g	1.81		0	12		4.40	
Total lipid (fat).....g	0.53		0	12		1.29	
Ash.....g	1.30		0	4		3.16	
Carbohydrate, by difference.....g	7.33		0	9		17.81	
Fiber, total dietary.....g	1.2		0	12		2.9	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	21		0	12		50	
Iron, Fe.....mg	0.36		0	12		0.87	
Magnesium, Mg.....mg	14		0	4		34	
Phosphorus, P.....mg	36		0	4		87	
Potassium, K.....mg	123		0	4		299	
Sodium, Na.....mg	185		0	12		450	
Zinc, Zn.....mg	0.23		0	4		0.56	
Copper, Cu.....mg	0.039		0	4		0.095	
Manganese, Mn.....mg	0.105		0	4		0.255	
Selenium, Se.....mcg	4.1		0	4		10.0	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		0	12		0.0	
Thiamin.....mg	0.096		0	4		0.233	
Riboflavin.....mg	0.052		0	4		0.126	
Niacin.....mg	0.839		0	4		2.039	
Pantothenic acid.....mg	0.238		0	4		0.578	
Vitamin B-6.....mg	0.041		0	4		0.100	
Folate, total.....mcg	26		0	4		63	
Folic acid.....mcg	12		0	4		29	
Folate, food.....mcg	14		0	4		34	
Folate, DFE.....mcg_DFE	34		0	4		84	
Vitamin B-12.....mcg	0.00		0	4		0.00	
Vitamin A, IU.....IU	1270		0	12		3086	
Vitamin A, RE.....mcg_RE	127		0	4		309	
Vitamin E.....mg_ATE	0.106		0	4		0.258	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.130		0	12		0.316	
4:0.....g	0.002		0	4		0.005	
6:0.....g	0.001		0	4		0.002	
8:0.....g	0.001		0	4		0.002	
10:0.....g	0.002		0	4		0.005	
11:0.....g							
12:0.....g	0.002		0	4		0.005	
13:0.....g							
14:0.....g	0.008		0	4		0.019	
15:0.....g							
16:0.....g	0.091		0	4		0.221	
17:0.....g							
18:0.....g	0.019		0	4		0.046	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.147		0	4		0.357	
14:1.....g							
15:1.....g							

NDB No. 06197

Soup, PROGRESSO HEALTHY CLASSICS GARLIC AND PASTA, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.007		0	4		0.017		
17:1.....g								
18:1 undifferentiated.....g	0.137		0	4		0.333		
20:1.....g	0.001		0	4		0.002		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.192		0	4		0.467		
18:2 undifferentiated.....g	0.174		0	4		0.423		
18:3 undifferentiated.....g	0.017		0	4		0.041		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	12		5		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243.000g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06198

Soup, PROGRESSO HEALTHY CLASSICS BEEF VEGETABLE, canned, ready-to-serve

Refuse: 0%

NDB No. 06198

Soup, PROGRESSO HEALTHY CLASSICS BEEF VEGETABLE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	4				
17:1.....g								
18:1 undifferentiated.....g	0.215		0	4				
20:1.....g	0.000		0	4				
22:1 undifferentiated.....g	0.000		0	4				
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.072		0	4				
18:2 undifferentiated.....g	0.063		0	4				
18:3 undifferentiated.....g	0.007		0	4				
18:4.....g	0.000		0	4				
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0	4				
20:5 n-3.....g	0.000		0	4				
22:2.....g								
22:5 n-3.....g	0.000		0	4				
22:6 n-3.....g	0.000		0	4				
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	12				
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7				
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06199

Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, canned, ready-to-serve

Refuse: 0%

NDB No. 06199

Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.024		0	4		0.058		
17:1.....g								
18:1 undifferentiated.....g	0.260		0	4		0.627		
20:1.....g	0.000		0	4		0.000		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.104		0	4		0.251		
18:2 undifferentiated.....g	0.093		0	4		0.224		
18:3 undifferentiated.....g	0.008		0	4		0.019		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0	4		0.005		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	12		19		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06200

Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	91.50		0	4		216.86	
Energy.....kcal	32		0	9		76	
Energy.....kj	134			9		317	
Protein.....g	2.42		0	12		5.74	
Total lipid (fat).....g	0.69		0	12		1.64	
Ash.....g	0.80		0	4		1.90	
Carbohydrate, by difference.....g	3.98		0	9		9.43	
Fiber, total dietary.....g	0.5		0	12		1.2	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	8		0	12		19	
Iron, Fe.....mg	0.47		0	12		1.11	
Magnesium, Mg.....mg	4		0	4		9	
Phosphorus, P.....mg	36		0	4		85	
Potassium, K.....mg	88		0	4		209	
Sodium, Na.....mg	194		0	12		460	
Zinc, Zn.....mg	0.17		0	4		0.40	
Copper, Cu.....mg	0.054		0	4		0.128	
Manganese, Mn.....mg	0.107		0	4		0.254	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.3		0	12		0.7	
Thiamin.....mg	0.047		0	4		0.111	
Riboflavin.....mg	0.047		0	4		0.111	
Niacin.....mg	1.453		0	4		3.444	
Pantothenic acid.....mg	0.087		0	4		0.206	
Vitamin B-6.....mg	0.022		0	4		0.052	
Folate, total.....mcg	14		0	4		33	
Folic acid.....mcg	11		0	4		26	
Folate, food.....mcg	3		0	4		7	
Folate, DFE.....mcg_DFE	22		0	4		51	
Vitamin B-12.....mcg	0.09		0	4		0.21	
Vitamin A, IU.....IU	388		0	12		920	
Vitamin A, RE.....mcg_RE	40		0	4		95	
Vitamin E.....mg_ATE	0.029		0	4		0.069	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.176		0	12		0.417	
4:0.....g	0.000		0	4		0.000	
6:0.....g	0.000		0	4		0.000	
8:0.....g	0.000		0	4		0.000	
10:0.....g	0.000		0	4		0.000	
11:0.....g							
12:0.....g	0.000		0	4		0.000	
13:0.....g							
14:0.....g	0.008		0	4		0.019	
15:0.....g							
16:0.....g	0.130		0	4		0.308	
17:0.....g							
18:0.....g	0.033		0	4		0.078	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.247		0	4		0.585	
14:1.....g							
15:1.....g							

NDB No. 06200

Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.029		0	4		0.069		
17:1.....g								
18:1 undifferentiated.....g	0.209		0	4		0.495		
20:1.....g	0.003		0	4		0.007		
22:1 undifferentiated.....g	0.001		0	4		0.002		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.161		0	4		0.382		
18:2 undifferentiated.....g	0.133		0	4		0.315		
18:3 undifferentiated.....g	0.010		0	4		0.024		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.003		0	4		0.007		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.001		0	4		0.002		
22:6 n-3.....g	0.001		0	4		0.002		
Fatty acids, total trans.....g								
Cholesterol.....mg	8		0	4		19		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237.000g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06201

Soup, cream of asparagus, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06201

Soup, cream of asparagus, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.050		0	1		0.124	0.301
17:1.....g							
18:1 undifferentiated.....g	0.760		0	1		1.885	4.575
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.900		0	1		2.232	5.418
18:2 undifferentiated.....g	0.860		0	1		2.133	5.177
18:3 undifferentiated.....g	0.040		0	1		0.099	0.241
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	9		0	1		22	54
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.034		0	1		0.084	0.205
Threonine.....g	0.105		0	1		0.260	0.632
Isoleucine.....g	0.137		0	1		0.340	0.825
Leucine.....g	0.225		0	1		0.558	1.355
Lysine.....g	0.174		0	1		0.432	1.047
Methionine.....g	0.058		0	1		0.144	0.349
Cystine.....g	0.027		0	1		0.067	0.163
Phenylalanine.....g	0.117		0	1		0.290	0.704
Tyrosine.....g	0.109		0	1		0.270	0.656
Valine.....g	0.155		0	1		0.384	0.933
Arginine.....g	0.093		0	1		0.231	0.560
Histidine.....g	0.064		0	1		0.159	0.385
Alanine.....g	0.093		0	1		0.231	0.560
Aspartic acid.....g	0.193		0	1		0.479	1.162
Glutamic acid.....g	0.576		0	1		1.428	3.468
Glycine.....g	0.062		0	1		0.154	0.373
Proline.....g	0.241		0	1		0.598	1.451
Serine.....g	0.131		0	1		0.325	0.789
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06202

Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	91.00		0	4		217.49	
Energy.....kcal	37		0	9		88	
Energy.....kj	155			9		370	
Protein.....g	2.62		0	12		6.26	
Total lipid (fat).....g	0.62		0	12		1.48	
Ash.....g	0.60		0	4		1.43	
Carbohydrate, by difference.....g	5.23		0	9		12.50	
Fiber, total dietary.....g	0.3		0	12		0.7	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	10		0	12		24	
Iron, Fe.....mg	0.50		0	12		1.20	
Magnesium, Mg.....mg	10		0	4		24	
Phosphorus, P.....mg	37		0	4		88	
Potassium, K.....mg	115		0	4		275	
Sodium, Na.....mg	192		0	12		459	
Zinc, Zn.....mg	0.18		0	4		0.43	
Copper, Cu.....mg	0.041		0	4		0.098	
Manganese, Mn.....mg	0.099		0	4		0.237	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.3		0	12		0.7	
Thiamin.....mg	0.052		0	4		0.124	
Riboflavin.....mg	0.030		0	4		0.072	
Niacin.....mg	1.084		0	4		2.591	
Pantothenic acid.....mg	0.211		0	4		0.504	
Vitamin B-6.....mg	0.030		0	4		0.072	
Folate, total.....mcg	15		0	4		36	
Folic acid.....mcg	5		0	4		12	
Folate, food.....mcg	10		0	4		24	
Folate, DFE.....mcg_DFE	19		0	4		44	
Vitamin B-12.....mcg	0.04		0	4		0.10	
Vitamin A, IU.....IU	688		0	12		1644	
Vitamin A, RE.....mcg_RE	69		0	4		165	
Vitamin E.....mg_ATE	0.046		0	4		0.110	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.180		0	12		0.430	
4:0.....g	0.000		0	4		0.000	
6:0.....g	0.000		0	4		0.000	
8:0.....g	0.000		0	4		0.000	
10:0.....g	0.000		0	4		0.000	
11:0.....g							
12:0.....g	0.001		0	4		0.002	
13:0.....g							
14:0.....g	0.005		0	4		0.012	
15:0.....g							
16:0.....g	0.108		0	4		0.258	
17:0.....g							
18:0.....g	0.022		0	4		0.053	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.211		0	4		0.504	
14:1.....g							
15:1.....g							

NDB No. 06202

Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.017		0	4		0.041		
17:1.....g								
18:1 undifferentiated.....g	0.189		0	4		0.452		
20:1.....g	0.004		0	4		0.010		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.201		0	4		0.480		
18:2 undifferentiated.....g	0.185		0	4		0.442		
18:3 undifferentiated.....g	0.009		0	4		0.022		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.004		0	4		0.010		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.001		0	4		0.002		
22:6 n-3.....g	0.001		0	4		0.002		
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	12		17		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239.000g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06203

Soup, PROGRESSO HEALTHY CLASSICS CREAM OF BROCCOLI, canned, ready-to-serve**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	92.00		0	4		224.48	
Energy.....kcal	36		0	9		88	
Energy.....kj	151			9		368	
Protein.....g	0.97		0	12		2.37	
Total lipid (fat).....g	1.15		0	12		2.81	
Ash.....g	0.63		0	4		1.54	
Carbohydrate, by difference.....g	5.46		0	9		13.32	
Fiber, total dietary.....g	1.0		0	12		2.4	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	17		0	12		41	
Iron, Fe.....mg	0.50		0	12		1.22	
Magnesium, Mg.....mg	6		0	4		15	
Phosphorus, P.....mg	16		0	4		39	
Potassium, K.....mg	66		0	4		161	
Sodium, Na.....mg	237		0	12		578	
Zinc, Zn.....mg	0.11		0	4		0.27	
Copper, Cu.....mg	0.015		0	4		0.037	
Manganese, Mn.....mg	0.054		0	4		0.132	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	2.4		0	12		5.9	
Thiamin.....mg	0.012		0	4		0.029	
Riboflavin.....mg	0.024		0	4		0.059	
Niacin.....mg	0.130		0	4		0.317	
Pantothenic acid.....mg	0.111		0	4		0.271	
Vitamin B-6.....mg	0.030		0	4		0.073	
Folate, total.....mcg	12		0	4		29	
Folic acid.....mcg	0		0	7		0	
Folate, food.....mcg	12		0	4		29	
Folate, DFE.....mcg_DFE	12		0	4		29	
Vitamin B-12.....mcg	0.00		0	4		0.00	
Vitamin A, IU.....IU	120		0	12		293	
Vitamin A, RE.....mcg_RE	13		0	4		32	
Vitamin E.....mg_ATE	0.157		0	4		0.383	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.270		0	12		0.659	
4:0.....g	0.019		0	4		0.046	
6:0.....g	0.011		0	4		0.027	
8:0.....g	0.006		0	4		0.015	
10:0.....g	0.014		0	4		0.034	
11:0.....g							
12:0.....g	0.015		0	4		0.037	
13:0.....g							
14:0.....g	0.061		0	4		0.149	
15:0.....g							
16:0.....g	0.221		0	4		0.539	
17:0.....g							
18:0.....g	0.097		0	4		0.237	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.377		0	4		0.920	
14:1.....g							
15:1.....g							

NDB No. 06203

Soup, PROGRESSO HEALTHY CLASSICS CREAM OF BROCCOLI, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.017		0	4		0.041		
17:1.....g								
18:1 undifferentiated.....g	0.351		0	4		0.856		
20:1.....g	0.000		0	4		0.000		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.235		0	4		0.573		
18:2 undifferentiated.....g	0.183		0	4		0.447		
18:3 undifferentiated.....g	0.052		0	4		0.127		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	12		5		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06204

Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve

Refuse: 0%

NDB No. 06204

Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.004		0	4		0.010		
17:1.....g								
18:1 undifferentiated.....g	0.331		0	4		0.801		
20:1.....g	0.002		0	4		0.005		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.100		0	4		0.242		
18:2 undifferentiated.....g	0.080		0	4		0.194		
18:3 undifferentiated.....g	0.020		0	4		0.048		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	12		0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242.000g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06205

Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve

Refuse: 0%

NDB No. 06205

Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.016		0	4		0.039		
17:1.....g								
18:1 undifferentiated.....g	0.251		0	4		0.612		
20:1.....g	0.001		0	4		0.002		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.174		0	4		0.425		
18:2 undifferentiated.....g	0.142		0	4		0.346		
18:3 undifferentiated.....g	0.016		0	4		0.039		
18:4.....g	0.001		0	4		0.002		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0	4		0.005		
20:5 n-3.....g	0.004		0	4		0.010		
22:2.....g								
22:5 n-3.....g	0.003		0	4		0.007		
22:6 n-3.....g	0.004		0	4		0.010		
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	12		5		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06206

Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve

Refuse: 0%

NDB No. 06206

Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.004		0	4		0.010		
17:1.....g								
18:1 undifferentiated.....g	0.380		0	4		0.916		
20:1.....g	0.000		0	4		0.000		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.409		0	4		0.986		
18:2 undifferentiated.....g	0.000		0	4		0.000		
18:3 undifferentiated.....g	0.364		0	4		0.877		
18:4.....g	0.038		0	4		0.092		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	12		0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06207

Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve

Refuse: 0%

NDB No. 06207

Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.021		0	4		0.050		
17:1.....g								
18:1 undifferentiated.....g	0.159		0	4		0.378		
20:1.....g	0.007		0	4		0.017		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.147		0	4		0.350		
18:2 undifferentiated.....g	0.129		0	4		0.307		
18:3 undifferentiated.....g	0.017		0	4		0.040		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	12		5		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238.000g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06210

Soup, cream of celery, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06210

Soup, cream of celery, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.060		0	1		0.149	0.361
17:1.....g							
18:1 undifferentiated.....g	0.900		0	1		2.232	5.418
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.070		0	1		2.654	6.441
18:2 undifferentiated.....g	1.020		0	1		2.530	6.140
18:3 undifferentiated.....g	0.050		0	1		0.124	0.301
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	13		0	1		32	78
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.030		0	1		0.074	0.181
Threonine.....g	0.097		0	1		0.241	0.584
Isoleucine.....g	0.130		0	1		0.322	0.783
Leucine.....g	0.209		0	1		0.518	1.258
Lysine.....g	0.159		0	1		0.394	0.957
Methionine.....g	0.053		0	1		0.131	0.319
Cystine.....g	0.022		0	1		0.055	0.132
Phenylalanine.....g	0.110		0	1		0.273	0.662
Tyrosine.....g	0.100		0	1		0.248	0.602
Valine.....g	0.145		0	1		0.360	0.873
Arginine.....g	0.083		0	1		0.206	0.500
Histidine.....g	0.060		0	1		0.149	0.361
Alanine.....g	0.080		0	1		0.198	0.482
Aspartic acid.....g	0.170		0	1		0.422	1.023
Glutamic acid.....g	0.495		0	1		1.228	2.980
Glycine.....g	0.055		0	1		0.136	0.331
Proline.....g	0.213		0	1		0.528	1.282
Serine.....g	0.119		0	1		0.295	0.716
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	82.44		0	1	206.92	502.06	
Energy.....kcal	92		0	4	231	560	
Energy.....kj	385			4	966	2344	
Protein (N x 6.25).....g	3.77		0	1	9.46	22.96	
Total lipid (fat).....g	5.80		0	1	14.56	35.32	
Ash.....g	1.52		0	1	3.82	9.26	
Carbohydrate, by difference.....g	6.47		0	4	16.24	39.40	
Fiber, total dietary.....g	0.4		0	4	1.0	2.4	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	115		0	1	289	700	
Iron, Fe.....mg	0.32		0	1	0.80	1.95	
Magnesium, Mg.....mg	8		0	1	20	49	
Phosphorus, P.....mg	100		0	1	251	609	
Potassium, K.....mg	136		0	1	341	828	
Sodium, Na.....mg	406		0	1	1019	2473	
Zinc, Zn.....mg	0.27		0	1	0.69	1.67	
Copper, Cu.....mg	0.056		0	1	0.141	0.341	
Manganese, Mn.....mg	0.103		0	1	0.259	0.627	
Selenium, Se.....mcg	2.8		0	4	7.0	17.1	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.5		0	1	1.3	3.0	
Thiamin.....mg	0.025		0	1	0.063	0.152	
Riboflavin.....mg	0.133		0	1	0.334	0.810	
Niacin.....mg	0.200		0	1	0.502	1.218	
Pantothenic acid.....mg	0.190		0	4	0.477	1.157	
Vitamin B-6.....mg	0.031		0	1	0.078	0.189	
Folate, total.....mcg	4		0	4	10	24	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	4		0	4	10	24	
Folate, DFE.....mcg_DFE	4		0	4	10	24	
Vitamin B-12.....mcg	0.17		0	1	0.43	1.04	
Vitamin A, IU.....IU	495		0	1	1242	3015	
Vitamin A, RE.....mcg_RE	59		0	1	148	359	
Vitamin E.....mg_ATE	0.100		0	4	0.251	0.609	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	3.630		0	1	9.111	22.107	
4:0.....g	0.180		0	1	0.452	1.096	
6:0.....g	0.100		0	1	0.251	0.609	
8:0.....g	0.050		0	1	0.126	0.305	
10:0.....g	0.110		0	1	0.276	0.670	
11:0.....g							
12:0.....g	0.110		0	1	0.276	0.670	
13:0.....g							
14:0.....g	0.580		0	1	1.456	3.532	
15:0.....g							
16:0.....g	1.650		0	1	4.142	10.049	
17:0.....g							
18:0.....g	0.690		0	1	1.732	4.202	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.630		0	1	4.091	9.927	
14:1.....g							
15:1.....g							

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.160		0	1		0.402	0.974	
17:1.....g								
18:1 undifferentiated.....g	1.390		0	1		3.489	8.465	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.180		0	1		0.452	1.096	
18:2 undifferentiated.....g	0.110		0	1		0.276	0.670	
18:3 undifferentiated.....g	0.070		0	1		0.176	0.426	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	19		0	1		48	116	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.051		0	1		0.128	0.311	
Threonine.....g	0.148		0	1		0.371	0.901	
Isoleucine.....g	0.226		0	1		0.567	1.376	
Leucine.....g	0.361		0	1		0.906	2.198	
Lysine.....g	0.279		0	1		0.700	1.699	
Methionine.....g	0.087		0	1		0.218	0.530	
Cystine.....g	0.033		0	1		0.083	0.201	
Phenylalanine.....g	0.189		0	1		0.474	1.151	
Tyrosine.....g	0.177		0	1		0.444	1.078	
Valine.....g	0.259		0	1		0.650	1.577	
Arginine.....g	0.123		0	1		0.309	0.749	
Histidine.....g	0.102		0	1		0.256	0.621	
Alanine.....g	0.125		0	1		0.314	0.761	
Aspartic acid.....g	0.274		0	1		0.688	1.669	
Glutamic acid.....g	1.002		0	1		2.515	6.102	
Glycine.....g	0.081		0	1		0.203	0.493	
Proline.....g	0.383		0	1		0.961	2.332	
Serine.....g	0.187		0	1		0.469	1.139	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 609.000g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06216

Soup, cream of chicken, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06216

Soup, cream of chicken, prepared with equal volume milk, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.160		0	1		0.397	0.050	0.963
17:1.....g								
18:1 undifferentiated.....g	1.600		0	1		3.968	0.496	9.632
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.660		0	1		1.637	0.205	3.973
18:2 undifferentiated.....g	0.610		0	1		1.513	0.189	3.672
18:3 undifferentiated.....g	0.050		0	1		0.124	0.016	0.301
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	11		0	1		27	3	66
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.040		0	1		0.099	0.012	0.241
Threonine.....g	0.126		0	1		0.312	0.039	0.759
Isoleucine.....g	0.167		0	1		0.414	0.052	1.005
Leucine.....g	0.265		0	1		0.657	0.082	1.595
Lysine.....g	0.215		0	1		0.533	0.067	1.294
Methionine.....g	0.073		0	1		0.181	0.023	0.439
Cystine.....g	0.035		0	1		0.087	0.011	0.211
Phenylalanine.....g	0.140		0	1		0.347	0.043	0.843
Tyrosine.....g	0.126		0	1		0.312	0.039	0.759
Valine.....g	0.179		0	1		0.444	0.055	1.078
Arginine.....g	0.126		0	1		0.312	0.039	0.759
Histidine.....g	0.081		0	1		0.201	0.025	0.488
Alanine.....g	0.116		0	1		0.288	0.036	0.698
Aspartic acid.....g	0.221		0	1		0.548	0.069	1.330
Glutamic acid.....g	0.655		0	1		1.624	0.203	3.943
Glycine.....g	0.089		0	1		0.221	0.028	0.536
Proline.....g	0.261		0	1		0.647	0.081	1.571
Serine.....g	0.149		0	1		0.370	0.046	0.897
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 31.000g: 1 fl oz

Measure 3 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06230

Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06230

Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.040		0	1		0.099	0.099	0.012
17:1.....g								
18:1 undifferentiated.....g	0.850		0	1		2.108	2.108	0.264
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.440		0	1		1.091	1.091	0.136
18:2 undifferentiated.....g	0.390		0	1		0.967	0.967	0.121
18:3 undifferentiated.....g	0.050		0	1		0.124	0.124	0.016
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	9		0	1		22	22	3
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.047		0	1		0.117	0.117	0.015
Threonine.....g	0.141		0	1		0.350	0.350	0.044
Isoleucine.....g	0.182		0	1		0.451	0.451	0.056
Leucine.....g	0.290		0	1		0.719	0.719	0.090
Lysine.....g	0.244		0	1		0.605	0.605	0.076
Methionine.....g	0.082		0	1		0.203	0.203	0.025
Cystine.....g	0.041		0	1		0.102	0.102	0.013
Phenylalanine.....g	0.151		0	1		0.374	0.374	0.047
Tyrosine.....g	0.136		0	1		0.337	0.337	0.042
Valine.....g	0.197		0	1		0.489	0.489	0.061
Arginine.....g	0.164		0	1		0.407	0.407	0.051
Histidine.....g	0.107		0	1		0.265	0.265	0.033
Alanine.....g	0.171		0	1		0.424	0.424	0.053
Aspartic acid.....g	0.327		0	1		0.811	0.811	0.101
Glutamic acid.....g	0.977		0	1		2.423	2.423	0.303
Glycine.....g	0.139		0	1		0.345	0.345	0.043
Proline.....g	0.241		0	1		0.598	0.598	0.075
Serine.....g	0.151		0	1		0.374	0.374	0.047
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 248.000g: 1 cup (8 fl oz)

Measure 3 = 31.000g: 1 fl oz

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.070		0	1		0.174	0.421
17:1.....g							
18:1 undifferentiated.....g	1.100		0	1		2.728	6.622
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.860		0	1		4.613	11.197
18:2 undifferentiated.....g	1.820		0	1		4.514	10.956
18:3 undifferentiated.....g	0.040		0	1		0.099	0.241
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	8		0	1		20	48
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.034		0	1		0.084	0.205
Threonine.....g	0.105		0	1		0.260	0.632
Isoleucine.....g	0.137		0	1		0.340	0.825
Leucine.....g	0.223		0	1		0.553	1.342
Lysine.....g	0.173		0	1		0.429	1.041
Methionine.....g	0.057		0	1		0.141	0.343
Cystine.....g	0.025		0	1		0.062	0.151
Phenylalanine.....g	0.116		0	1		0.288	0.698
Tyrosine.....g	0.109		0	1		0.270	0.656
Valine.....g	0.152		0	1		0.377	0.915
Arginine.....g	0.093		0	1		0.231	0.560
Histidine.....g	0.063		0	1		0.156	0.379
Alanine.....g	0.088		0	1		0.218	0.530
Aspartic acid.....g	0.181		0	1		0.449	1.090
Glutamic acid.....g	0.527		0	1		1.307	3.173
Glycine.....g	0.061		0	1		0.151	0.367
Proline.....g	0.226		0	1		0.560	1.361
Serine.....g	0.129		0	1		0.320	0.777
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06246

Soup, cream of onion, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06246

Soup, cream of onion, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		0	1		0.149	0.361	
17:1.....g								
18:1 undifferentiated.....g	1.230		0	1		3.050	7.405	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.640		0	1		1.587	3.853	
18:2 undifferentiated.....g	0.580		0	1		1.438	3.492	
18:3 undifferentiated.....g	0.070		0	1		0.174	0.421	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	13		0	1		32	78	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	4		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06248

Soup, oyster stew, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06248

Soup, oyster stew, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		0	1		0.147	0.357	
17:1.....g								
18:1 undifferentiated.....g	0.750		0	1		1.838	4.463	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.130		0	1		0.319	0.774	
18:2 undifferentiated.....g	0.090		0	1		0.221	0.536	
18:3 undifferentiated.....g	0.030		0	1		0.074	0.179	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	13		0	1		32	77	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245.000g: 1 cup (8 fl oz)

Measure 2 = 595.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06249

Soup, pea, green, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06249

Soup, pea, green, canned, prepared with equal volume milk, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		0	1		0.152	0.370	
17:1.....g								
18:1 undifferentiated.....g	0.770		0	1		1.956	4.743	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.210		0	1		0.533	1.294	
18:2 undifferentiated.....g	0.170		0	1		0.432	1.047	
18:3 undifferentiated.....g	0.040		0	1		0.102	0.246	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	1		18	43	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.051		0	1		0.130	0.314	
Threonine.....g	0.191		0	1		0.485	1.177	
Isoleucine.....g	0.213		0	1		0.541	1.312	
Leucine.....g	0.400		0	1		1.016	2.464	
Lysine.....g	0.327		0	1		0.831	2.014	
Methionine.....g	0.081		0	1		0.206	0.499	
Cystine.....g	0.046		0	1		0.117	0.283	
Phenylalanine.....g	0.225		0	1		0.572	1.386	
Tyrosine.....g	0.176		0	1		0.447	1.084	
Valine.....g	0.280		0	1		0.711	1.725	
Arginine.....g	0.336		0	1		0.853	2.070	
Histidine.....g	0.110		0	1		0.279	0.678	
Alanine.....g	0.200		0	1		0.508	1.232	
Aspartic acid.....g	0.467		0	1		1.186	2.877	
Glutamic acid.....g	0.969		0	1		2.461	5.969	
Glycine.....g	0.169		0	1		0.429	1.041	
Proline.....g	0.328		0	1		0.833	2.020	
Serine.....g	0.223		0	1		0.566	1.374	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254.000g: 1 cup (8 fl oz)

Measure 2 = 616.000g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.050		0	1		0.124	0.301
17:1.....g							
18:1 undifferentiated.....g	0.610		0	1		1.513	3.672
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.230		0	1		0.570	1.385
18:2 undifferentiated.....g	0.190		0	1		0.471	1.144
18:3 undifferentiated.....g	0.040		0	1		0.099	0.241
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	9		0	1		22	54
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.033		0	1		0.082	0.199
Threonine.....g	0.098		0	1		0.243	0.590
Isoleucine.....g	0.129		0	1		0.320	0.777
Leucine.....g	0.207		0	1		0.513	1.246
Lysine.....g	0.162		0	1		0.402	0.975
Methionine.....g	0.053		0	1		0.131	0.319
Cystine.....g	0.026		0	1		0.064	0.157
Phenylalanine.....g	0.112		0	1		0.278	0.674
Tyrosine.....g	0.103		0	1		0.255	0.620
Valine.....g	0.146		0	1		0.362	0.879
Arginine.....g	0.089		0	1		0.221	0.536
Histidine.....g	0.060		0	1		0.149	0.361
Alanine.....g	0.078		0	1		0.193	0.470
Aspartic acid.....g	0.226		0	1		0.560	1.361
Glutamic acid.....g	0.507		0	1		1.257	3.052
Glycine.....g	0.056		0	1		0.139	0.337
Proline.....g	0.210		0	1		0.521	1.264
Serine.....g	0.122		0	1		0.303	0.734
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06256

Soup, cream of shrimp, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06256

Soup, cream of shrimp, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.080		0	1		0.198	0.025	0.482
17:1.....g								
18:1 undifferentiated.....g	0.940		0	1		2.331	0.291	5.659
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.140		0	1		0.347	0.043	0.843
18:2 undifferentiated.....g	0.090		0	1		0.223	0.028	0.542
18:3 undifferentiated.....g	0.060		0	1		0.149	0.019	0.361
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	14		0	1		35	4	84
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 31.000g: 1 fl oz

Measure 3 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06257

Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, mild**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	87.62		1	1		13.74		
Energy.....kcal	42		0	9		7		
Energy.....kj	176			9		28		
Protein.....g	1.34		1	1		0.21		
Total lipid (fat).....g	0.42		1	1		0.07		
Ash.....g	2.41		1	1		0.38		
Carbohydrate, by difference.....g	8.21		0	9		1.29		
Fiber, total dietary.....g	0.5		1	1		0.1		
Sugars, total.....g	6.16		1	1		0.97		
Sucrose.....g								
Glucose (dextrose).....g	1.96		1	1		0.31		
Fructose.....g	2.20		1	1		0.34		
Lactose.....g	1.00		1	1		0.16		
Maltose.....g	1.00		1	1		0.16		
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		1	1		3		
Iron, Fe.....mg	0.18		1	1		0.03		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	655		1	1		103		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	17.9		1	1		2.8		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	1600		1	1		251		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.680g: 1 tbsp

Calories Factors:

NDB No. 06257

Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, mild

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06258

Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, Medium**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	87.62		1	1		13.74		
Energy.....kcal	42		0	9		7		
Energy.....kj	176			9		28		
Protein.....g	1.34		1	1		0.21		
Total lipid (fat).....g	0.42		1	1		0.07		
Ash.....g	2.41		1	1		0.38		
Carbohydrate, by difference.....g	8.21		0	9		1.29		
Fiber, total dietary.....g	0.6		1	1		0.1		
Sugars, total.....g	6.16		1	1		0.97		
Sucrose.....g								
Glucose (dextrose).....g	1.96		1	1		0.31		
Fructose.....g	2.20		1	1		0.34		
Lactose.....g	1.00		1	1		0.16		
Maltose.....g	1.00		1	1		0.16		
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		1	1		3		
Iron, Fe.....mg	0.18		1	1		0.03		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	655		1	1		103		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	17.9		1	1		2.8		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	1600		1	1		251		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.680g: 1 tbsp

Calories Factors:

NDB No. 06258

Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, Medium

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06259

Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Mild**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	90.98		1	1		13.73		
Energy.....kcal	30		0	9		5		
Energy.....kj	126			9		19		
Protein.....g	0.79		1	1		0.12		
Total lipid (fat).....g	0.36		1	1		0.05		
Ash.....g	2.05		1	1		0.31		
Carbohydrate, by difference.....g	5.82		0	9		0.88		
Fiber, total dietary.....g	0.6		1	1		0.1		
Sugars, total.....g	2.39		1	1		0.36		
Sucrose.....g								
Glucose (dextrose).....g	1.25		1	1		0.19		
Fructose.....g	1.14		1	1		0.17		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	8		1	1		1		
Iron, Fe.....mg	0.05		1	1		0.01		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	634		1	1		96		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	4.8		1	1		0.7		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	79		1	1		12		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.090g: 1 tbsp

Calories Factors:

NDB No. 06259

Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Mild

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06260

Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Medium**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	90.98		1	1		13.73		
Energy.....kcal	30		0	9		5		
Energy.....kj	126			9		19		
Protein.....g	0.79		1	1		0.12		
Total lipid (fat).....g	0.36		1	1		0.05		
Ash.....g	2.05		1	1		0.31		
Carbohydrate, by difference.....g	5.82		0	9		0.88		
Fiber, total dietary.....g	0.6		1	1		0.1		
Sugars, total.....g	2.39		1	1		0.36		
Sucrose.....g	0.00		1	1		0.00		
Glucose (dextrose).....g	1.25		1	1		0.19		
Fructose.....g	1.14		1	1		0.17		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	8		1	1		1		
Iron, Fe.....mg	0.05		1	1		0.01		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	634		1	1		96		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	4.8		1	1		0.7		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	79		1	1		12		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.090g: 1 tbsp

Calories Factors:

NDB No. 06260

Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Medium

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06261

Sauce, LA VICTORIA, Salsa Brava, Hot

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	88.67		1	1		4.47		
Energy.....kcal	40		0	9		2		
Energy.....kj	167			9		8		
Protein.....g	1.36		1	1		0.07		
Total lipid (fat).....g	1.11		1	1		0.06		
Ash.....g	2.70		1	1		0.14		
Carbohydrate, by difference.....g	6.16		0	9		0.31		
Fiber, total dietary.....g	0.3		1	1		0.0		
Sugars, total.....g	3.33		1	1		0.17		
Sucrose.....g	0.14		1	1		0.01		
Glucose (dextrose).....g	1.31		1	1		0.07		
Fructose.....g	1.88		1	1		0.09		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	20		1	1		1		
Iron, Fe.....mg	0.57		1	1		0.03		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	648		1	1		33		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	7.2		1	1		0.4		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	2050		1	1		103		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.040g: 1 tbsp

Calories Factors:

NDB No. 06261

Sauce, LA VICTORIA, Salsa Brava, Hot

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06262

Sauce, LA VICTORIA, LA VICTORIA Salsa Victoria, Hot**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	92.41		1	1		27.87		
Energy.....kcal	24		0	9		7		
Energy.....kj	100			9		30		
Protein.....g	0.92		1	1		0.28		
Total lipid (fat).....g	0.27		1	1		0.08		
Ash.....g	1.97		1	1		0.59		
Carbohydrate, by difference.....g	4.43		0	9		1.34		
Fiber, total dietary.....g	0.7		1	1		0.2		
Sugars, total.....g	2.07		1	1		0.62		
Sucrose.....g								
Glucose (dextrose).....g	1.04		1	1		0.31		
Fructose.....g	1.03		1	1		0.31		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	8		1	1		2		
Iron, Fe.....mg	0.04		1	1		0.01		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	541		1	1		163		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	11.9		1	1		3.6		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	172		1	1		52		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.160g: 2 tbsp

Calories Factors:

NDB No. 06262

Sauce, LA VICTORIA, LA VICTORIA Salsa Victoria, Hot

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06263

Sauce, LA VICTORIA, LA VICTORIA Salsa Ranchera, Hot

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.00		1	1		27.72		
Energy.....kcal	30		0	9		9		
Energy.....kj	126			9		38		
Protein.....g	1.29		1	1		0.39		
Total lipid (fat).....g	0.30		1	1		0.09		
Ash.....g	1.97		1	1		0.60		
Carbohydrate, by difference.....g	5.44		0	9		1.66		
Fiber, total dietary.....g	0.2		1	1		0.1		
Sugars, total.....g	2.65		1	1		0.81		
Sucrose.....g								
Glucose (dextrose).....g	1.28		1	1		0.39		
Fructose.....g	1.37		1	1		0.42		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	16		1	1		5		
Iron, Fe.....mg	0.14		1	1		0.04		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	563		1	1		171		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	4.3		1	1		1.3		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	1190		1	1		362		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.460g: 2 tbsp

Calories Factors:

NDB No. 06263

Sauce, LA VICTORIA, LA VICTORIA Salsa Ranchera, Hot

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06265

Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Mild**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.53		1	1		27.88		
Energy.....kcal	27		0	9		8		
Energy.....kj	113			9		34		
Protein.....g	1.19		1	1		0.36		
Total lipid (fat).....g	0.29		1	1		0.09		
Ash.....g	2.17		1	1		0.66		
Carbohydrate, by difference.....g	4.82		0	9		1.47		
Fiber, total dietary.....g	0.3		1	1		0.1		
Sugars, total.....g	2.95		1	1		0.90		
Sucrose.....g								
Glucose (dextrose).....g	1.32		1	1		0.40		
Fructose.....g	1.63		1	1		0.50		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		1	1		5		
Iron, Fe.....mg	0.11		1	1		0.03		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	596		1	1		182		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	6.1		1	1		1.9		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	413		1	1		126		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.460g: 2 tbsp

Calories Factors:

NDB No. 06265

Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Mild

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06266

Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Medium**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.53		1	1		27.61		
Energy.....kcal	28		0	9		8		
Energy.....kj	117			9		35		
Protein.....g	1.22		1	1		0.37		
Total lipid (fat).....g	0.34		1	1		0.10		
Ash.....g	1.94		1	1		0.59		
Carbohydrate, by difference.....g	4.97		0	9		1.50		
Fiber, total dietary.....g	0.5		1	1		0.2		
Sugars, total.....g	3.02		1	1		0.91		
Sucrose.....g								
Glucose (dextrose).....g	1.27		1	1		0.38		
Fructose.....g	1.75		1	1		0.53		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	14		1	1		4		
Iron, Fe.....mg	0.06		1	1		0.02		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	499		1	1		150		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	8.2		1	1		2.5		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	465		1	1		140		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.160g: 2 tbsp

Calories Factors:

NDB No. 06266

Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Medium

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06267

Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Mild**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.47		1	1		27.86		
Energy.....kcal	27		0	9		8		
Energy.....kj	113			9		34		
Protein.....g	0.79		1	1		0.24		
Total lipid (fat).....g	0.30		1	1		0.09		
Ash.....g	2.04		1	1		0.62		
Carbohydrate, by difference.....g	5.40		0	9		1.64		
Fiber, total dietary.....g	0.6		1	1		0.2		
Sugars, total.....g	3.07		1	1		0.94		
Sucrose.....g								
Glucose (dextrose).....g	1.32		1	1		0.40		
Fructose.....g	1.75		1	1		0.53		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		1	1		5		
Iron, Fe.....mg	0.17		1	1		0.05		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	587		1	1		179		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	14.3		1	1		4.4		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	608		1	1		185		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.460g: 2 tbsp

Calories Factors:

NDB No. 06267

Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Mild

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06268

Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Medium**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.88		1	1		27.71		
Energy.....kcal	26		0	9		8		
Energy.....kj	109			9		33		
Protein.....g	1.16		1	1		0.35		
Total lipid (fat).....g	0.26		1	1		0.08		
Ash.....g	2.05		1	1		0.62		
Carbohydrate, by difference.....g	4.65		0	9		1.40		
Fiber, total dietary.....g	0.8		1	1		0.2		
Sugars, total.....g	3.24		1	1		0.98		
Sucrose.....g								
Glucose (dextrose).....g	1.53		1	1		0.46		
Fructose.....g	1.71		1	1		0.52		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	9		1	1		3		
Iron, Fe.....mg	0.06		1	1		0.02		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	550		1	1		166		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	5.1		1	1		1.5		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	324		1	1		98		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.160g: 2 tbsp

Calories Factors:

NDB No. 06268

Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Medium

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06269

Sauce, LA VICTORIA, LA VICTORIA Green Chile Salsa, Mild**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	92.07		1	1		28.04		
Energy.....kcal	25		0	9		8		
Energy.....kj	105			9		32		
Protein.....g	1.30		1	1		0.40		
Total lipid (fat).....g	0.25		1	1		0.08		
Ash.....g	2.08		1	1		0.63		
Carbohydrate, by difference.....g	4.30		0	9		1.31		
Fiber, total dietary.....g	0.4		1	1		0.1		
Sugars, total.....g	1.52		1	1		0.46		
Sucrose.....g								
Glucose (dextrose).....g	0.51		1	1		0.16		
Fructose.....g	1.01		1	1		0.31		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		1	1		5		
Iron, Fe.....mg	0.91		1	1		0.28		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	574		1	1		175		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	13.4		1	1		4.1		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	455		1	1		139		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.460g: 2 tbsp

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06270

Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Mild

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	92.08		1	1		27.77		
Energy.....kcal	26		0	9		8		
Energy.....kj	109			9		33		
Protein.....g	0.88		1	1		0.27		
Total lipid (fat).....g	0.29		1	1		0.09		
Ash.....g	1.87		1	1		0.56		
Carbohydrate, by difference.....g	4.88		0	9		1.47		
Fiber, total dietary.....g	0.8		1	1		0.2		
Sugars, total.....g	3.58		1	1		1.08		
Sucrose.....g								
Glucose (dextrose).....g	1.68		1	1		0.51		
Fructose.....g	1.90		1	1		0.57		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	18		1	1		5		
Iron, Fe.....mg	0.12		1	1		0.04		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	519		1	1		157		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	14.4		1	1		4.3		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	767		1	1		231		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.160g: 2 tbsp

Calories Factors:

NDB No. 06270

Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Mild

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06271

Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Medium**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	92.07		1	1		28.04		
Energy.....kcal	25		0	9		8		
Energy.....kj	105			9		32		
Protein.....g	1.19		1	1		0.36		
Total lipid (fat).....g	0.34		1	1		0.10		
Ash.....g	2.01		1	1		0.61		
Carbohydrate, by difference.....g	4.39		0	9		1.34		
Fiber, total dietary.....g	0.9		1	1		0.3		
Sugars, total.....g	3.12		1	1		0.95		
Sucrose.....g								
Glucose (dextrose).....g	1.40		1	1		0.43		
Fructose.....g	1.72		1	1		0.52		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		1	1		6		
Iron, Fe.....mg	0.15		1	1		0.05		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	525		1	1		160		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	14.3		1	1		4.4		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	576		1	1		175		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.460g: 2 tbsp

Calories Factors:

NDB No. 06271

Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Medium

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06272

Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Hot

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.70		1	1		27.93		
Energy.....kcal	28		0	9		9		
Energy.....kj	117			9		36		
Protein.....g	1.53		1	1		0.47		
Total lipid (fat).....g	0.35		1	1		0.11		
Ash.....g	1.79		1	1		0.55		
Carbohydrate, by difference.....g	4.63		0	9		1.41		
Fiber, total dietary.....g	0.5		1	1		0.2		
Sugars, total.....g	3.33		1	1		1.01		
Sucrose.....g								
Glucose (dextrose).....g	1.51		1	1		0.46		
Fructose.....g	1.82		1	1		0.55		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	11		1	1		3		
Iron, Fe.....mg	0.08		1	1		0.02		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	436		1	1		133		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	5.1		1	1		1.6		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	523		1	1		159		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.460g: 2 tbsp

Calories Factors:

NDB No. 06272

Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Hot

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06273

Sauce, LA VICTORIA, Green Salsa Jalapena

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.28		1	1		27.53		
Energy.....kcal	32		0	9		10		
Energy.....kj	134			9		40		
Protein.....g	0.92		1	1		0.28		
Total lipid (fat).....g	1.09		1	1		0.33		
Ash.....g	2.01		1	1		0.61		
Carbohydrate, by difference.....g	4.70		0	9		1.42		
Fiber, total dietary.....g	0.9		1	1		0.3		
Sugars, total.....g	2.00		1	1		0.60		
Sucrose.....g	0.12		1	1		0.04		
Glucose (dextrose).....g	1.01		1	1		0.30		
Fructose.....g	0.87		1	1		0.26		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	16		1	1		5		
Iron, Fe.....mg	0.40		1	1		0.12		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	600		1	1		181		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	12.0		1	1		3.6		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	282		1	1		85		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.160g: 2 tbsp

Calories Factors:

NDB No. 06273

Sauce, LA VICTORIA, Green Salsa Jalapeno

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06274

Sauce, LA VICTORIA, Red Salsa Jalapena**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	88.74		1	1		27.03		
Energy.....kcal	40		0	9		12		
Energy.....kj	167			9		51		
Protein.....g	1.45		1	1		0.44		
Total lipid (fat).....g	0.59		1	1		0.18		
Ash.....g	1.98		1	1		0.60		
Carbohydrate, by difference.....g	7.24		0	9		2.21		
Fiber, total dietary.....g	1.3		1	1		0.4		
Sugars, total.....g	3.97		1	1		1.21		
Sucrose.....g								
Glucose (dextrose).....g	1.74		1	1		0.53		
Fructose.....g	2.23		1	1		0.68		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		1	1		6		
Iron, Fe.....mg	0.17		1	1		0.05		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	487		1	1		148		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	32.1		1	1		9.8		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	2480		1	1		755		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.460g: 2 tbsp

Calories Factors:

NDB No. 06274

Sauce, LA VICTORIA, Red Salsa Jalapena

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06275

Sauce, LA VICTORIA, LA VICTORIA Enchilada Sauce**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	91.87		1	1		55.42		
Energy.....kcal	33		0	9		20		
Energy.....kj	138			9		83		
Protein.....g	0.32		1	1		0.19		
Total lipid (fat).....g	1.45		1	1		0.87		
Ash.....g	1.74		1	1		1.05		
Carbohydrate, by difference.....g	4.62		0	9		2.79		
Fiber, total dietary.....g	0.7		1	1		0.4		
Sugars, total.....g	1.04		1	1		0.63		
Sucrose.....g								
Glucose (dextrose).....g	0.39		1	1		0.24		
Fructose.....g	0.65		1	1		0.39		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	12		1	1		7		
Iron, Fe.....mg	0.12		1	1		0.07		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	658		1	1		397		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	4.4		1	1		2.7		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	2310		1	1		1393		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60.320g: .25 cup

Calories Factors:

NDB No. 06275

Sauce, LA VICTORIA, LA VICTORIA Enchilada Sauce

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06276

Sauce, LA VICTORIA, Mole Poblano

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	6.22		1	1		3.55		
Energy.....kcal	421		0	9		240		
Energy.....kj	1761			9		1004		
Protein.....g	14.50		1	1		8.27		
Total lipid (fat).....g	18.14		1	1		10.34		
Ash.....g	11.32		1	1		6.45		
Carbohydrate, by difference.....g	49.82		0	9		28.40		
Fiber, total dietary.....g	16.1		1	1		9.2		
Sugars, total.....g	19.32		1	1		11.01		
Sucrose.....g	12.55		1	1		7.15		
Glucose (dextrose).....g	2.80		1	1		1.60		
Fructose.....g	3.97		1	1		2.26		
Lactose.....g								
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	102		1	1		58		
Iron, Fe.....mg	2.79		1	1		1.59		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3240		1	1		1847		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1	1		0.0		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	20600		1	1		11742		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57.000g: 2 oz

Calories Factors:

NDB No. 06276

Sauce, LA VICTORIA, Mole Poblano

Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06277

Sauce, LA VICTORIA, Cheddar Cheese Sauce**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	72.87		1	1		47.49		
Energy.....kcal	161		0	9		105		
Energy.....kj	674			9		439		
Protein.....g	1.86		1	1		1.21		
Total lipid (fat).....g	13.05		1	1		8.50		
Ash.....g	3.15		1	1		2.05		
Carbohydrate, by difference.....g	9.07		0	9		5.91		
Fiber, total dietary.....g	0.0		1	1		0.0		
Sugars, total.....g	2.93		1	1		1.91		
Sucrose.....g								
Glucose (dextrose).....g								
Fructose.....g	0.35		1	1		0.23		
Lactose.....g	2.58		1	1		1.68		
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	92		1	1		60		
Iron, Fe.....mg	0.77		1	1		0.50		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	971		1	1		633		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1	1		0.0		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	172		1	1		112		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.459		1	1		2.254		
Fatty acids, total monounsaturated.....g	5.838		1	1		3.805		
Fatty acids, total polyunsaturated.....g	2.840		1	1		1.851		
Fatty acids, total trans.....g								
Cholesterol.....mg	3		1	1		2		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 65.170g: .25 cup

NDB No. 06277

Sauce, LA VICTORIA, Cheddar Cheese Sauce

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06278

Sauce, LA VICTORIA, Nacho Cheese Sauce with Jalapeno Peppers, Medium**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	71.88		1	1		51.44		
Energy.....kcal	170		0	9		122		
Energy.....kj	711			9		509		
Protein.....g	1.82		1	1		1.30		
Total lipid (fat).....g	13.49		1	1		9.65		
Ash.....g	2.55		1	1		1.82		
Carbohydrate, by difference.....g	10.26		0	9		7.34		
Fiber, total dietary.....g	0.3		1	1		0.2		
Sugars, total.....g	2.60		1	1		1.86		
Sucrose.....g								
Glucose (dextrose).....g								
Fructose.....g								
Lactose.....g	2.60		1	1		1.86		
Maltose.....g								
Galactose.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	89		1	1		64		
Iron, Fe.....mg	1.20		1	1		0.86		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	765		1	1		547		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.6		1	1		1.1		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	54		1	1		39		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.739		1	1		2.676		
Fatty acids, total monounsaturated.....g	6.323		1	1		4.525		
Fatty acids, total polyunsaturated.....g	2.484		1	1		1.778		
Fatty acids, total trans.....g								
Cholesterol.....mg	5		1	1		4		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71.560g: .25 cup

NDB No. 06278

Sauce, LA VICTORIA, Nacho Cheese Sauce with Jalapeno Peppers, Medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06279

Soup, LIPTON, SOUP SECRETS EXTRA NOODLE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.26		0	9		0.98		
Energy.....kcal	374		0	9		86		
Energy.....kj	1565			9		360		
Protein.....g	14.06		0	9		3.23		
Total lipid (fat).....g	6.77		0	9		1.56		
Ash.....g	9.79		0	4		2.25		
Carbohydrate, by difference.....g	65.10		0	9		14.97		
Fiber, total dietary.....g	2.5		0	9		0.6		
Sugars, total.....g	6.52		0	9		1.50		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		0	9		3		
Iron, Fe.....mg	3.72		0	9		0.86		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	2961		0	9		681		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0	9		0.0		
Thiamin.....mg	1.486		0	9		0.342		
Riboflavin.....mg	0.603		0	9		0.139		
Niacin.....mg	7.666		0	9		1.763		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	147		0	9		34		
Folic acid.....mcg	87		0	4		20		
Folate, food.....mcg	60		0	4		14		
Folate, DFE.....mcg_DFE	208		0	4		48		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	73		0	9		17		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.479		0	9		0.570		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	101		0	9		23		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06280

Soup, LIPTON, SOUP SECRETS SPIRAL PASTA SOUP, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.72		
Energy.....kcal	353		0	9		64		
Energy.....kj	1477			9		266		
Protein.....g	12.22		0	9		2.20		
Total lipid (fat).....g	4.88		0	9		0.88		
Ash.....g	15.27		0	4		2.75		
Carbohydrate, by difference.....g	63.63		0	9		11.45		
Fiber, total dietary.....g	2.3		0	9		0.4		
Sugars, total.....g	8.63		0	9		1.55		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	30		0	9		5		
Iron, Fe.....mg	2.38		0	9		0.43		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3651		0	9		657		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0	9		0.1		
Thiamin.....mg	1.289		0	9		0.232		
Riboflavin.....mg	0.492		0	9		0.089		
Niacin.....mg	6.553		0	9		1.180		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	136		0	9		24		
Folic acid.....mcg	92		0	4		17		
Folate, food.....mcg	44		0	4		8		
Folate, DFE.....mcg_DFE	200		0	4		36		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	94		0	9		17		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.600		0	9		0.288		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	10		0	9		2		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06281

Soup, LIPTON, SOUP SECRETS CHICKEN NOODLE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.80		
Energy.....kcal	385		0	9		77		
Energy.....kj	1611			9		322		
Protein.....g	17.31		0	9		3.46		
Total lipid (fat).....g	9.91		0	9		1.98		
Ash.....g	12.26		0	4		2.45		
Carbohydrate, by difference.....g	56.52		0	9		11.30		
Fiber, total dietary.....g	2.0		0	9		0.4		
Sugars, total.....g	7.99		0	9		1.60		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	48		0	9		10		
Iron, Fe.....mg	3.41		0	9		0.68		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3452		0	9		690		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0	9		0.1		
Thiamin.....mg	1.192		0	9		0.238		
Riboflavin.....mg	0.423		0	9		0.085		
Niacin.....mg	8.108		0	9		1.622		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	9		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	9		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	115		0	9		23		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.936		0	9		0.587		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	75		0	9		15		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06282

Soup, LIPTON, SOUP SECRETS RING-O-NOODLE**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.68		
Energy.....kcal	388		0	9		66		
Energy.....kj	1623			9		276		
Protein.....g	12.96		0	9		2.20		
Total lipid (fat).....g	11.65		0	9		1.98		
Ash.....g	13.11		0	4		2.23		
Carbohydrate, by difference.....g	58.28		0	9		9.91		
Fiber, total dietary.....g	2.1		0	9		0.4		
Sugars, total.....g	7.23		0	9		1.23		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	20		0	9		3		
Iron, Fe.....mg	3.32		0	9		0.56		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	4259		0	9		724		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.4		0	9		0.1		
Thiamin.....mg	1.332		0	9		0.226		
Riboflavin.....mg	0.500		0	9		0.085		
Niacin.....mg	6.594		0	9		1.121		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	128		0	9		22		
Folic acid.....mcg	75		0	4		13		
Folate, food.....mcg	53		0	4		9		
Folate, DFE.....mcg_DFE	181		0	4		31		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	105		0	9		18		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.761		0	9		0.639		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	92		0	9		16		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06283

Soup, LIPTON, SOUP SECRETS GIGGLE NOODLE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	3.89		0	9		0.74		
Energy.....kcal	387		0	9		74		
Energy.....kj	1619			9		308		
Protein.....g	13.28		0	9		2.52		
Total lipid (fat).....g	11.19		0	9		2.13		
Ash.....g	11.30		0	4		2.15		
Carbohydrate, by difference.....g	60.34		0	9		11.46		
Fiber, total dietary.....g	2.2		0	9		0.4		
Sugars, total.....g	6.87		0	9		1.31		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	19		0	9		4		
Iron, Fe.....mg	3.44		0	9		0.65		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3874		0	9		736		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.3		0	9		0.1		
Thiamin.....mg	1.361		0	9		0.259		
Riboflavin.....mg	0.515		0	9		0.098		
Niacin.....mg	6.799		0	9		1.292		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	133		0	9		25		
Folic acid.....mcg	75		0	4		14		
Folate, food.....mcg	58		0	4		11		
Folate, DFE.....mcg_DFE	186		0	4		35		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	99		0	9		19		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.624		0	9		0.689		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	94		0	9		18		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06284

Soup, LIPTON, SOUP SECRETS NOODLE WITH REAL CHICKEN BROTH, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	3.62		0	9		0.58		
Energy.....kcal	388		0	9		62		
Energy.....kj	1623			9		260		
Protein.....g	12.83		0	9		2.05		
Total lipid (fat).....g	12.04		0	9		1.93		
Ash.....g	14.14		0	4		2.26		
Carbohydrate, by difference.....g	57.37		0	9		9.18		
Fiber, total dietary.....g	2.1		0	9		0.3		
Sugars, total.....g	7.52		0	9		1.20		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	21		0	9		3		
Iron, Fe.....mg	3.29		0	9		0.53		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	4524		0	9		724		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.4		0	9		0.1		
Thiamin.....mg	1.337		0	9		0.214		
Riboflavin.....mg	0.498		0	9		0.080		
Niacin.....mg	6.537		0	9		1.046		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	124		0	9		20		
Folic acid.....mcg	72		0	4		12		
Folate, food.....mcg	52		0	4		8		
Folate, DFE.....mcg_DFE	174		0	4		28		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	114		0	9		18		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	3.878		0	9		0.620		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	90		0	9		14		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06286

Soup, LIPTON, CUP-A-SOUP BROCCOLI & CHEESE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.64		
Energy.....kcal	418		0	9		67		
Energy.....kj	1749			9		280		
Protein.....g	11.35		0	9		1.82		
Total lipid (fat).....g	18.30		0	9		2.93		
Ash.....g	10.71		0	4		1.71		
Carbohydrate, by difference.....g	55.64		0	9		8.90		
Fiber, total dietary.....g	4.5		0	9		0.7		
Sugars, total.....g	13.43		0	9		2.15		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	290		0	9		46		
Iron, Fe.....mg	0.98		0	9		0.16		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3408		0	9		545		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	18.8		0	9		3.0		
Thiamin.....mg	0.028		0	9		0.004		
Riboflavin.....mg	0.053		0	9		0.008		
Niacin.....mg	0.372		0	9		0.060		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	23		0	9		4		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	23		0	9		4		
Folate, DFE.....mcg_DFE	23		0	4		4		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	295		0	9		47		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	4.974		0	9		0.796		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	18		0	9		3		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06287

Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN SUPREME, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.84		
Energy.....kcal	429		0	9		90		
Energy.....kj	1795			9		377		
Protein.....g	5.02		0	9		1.05		
Total lipid (fat).....g	17.86		0	9		3.75		
Ash.....g	8.25		0	4		1.73		
Carbohydrate, by difference.....g	64.87		0	9		13.62		
Fiber, total dietary.....g	3.1		0	9		0.7		
Sugars, total.....g	9.68		0	9		2.03		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	109		0	9		23		
Iron, Fe.....mg	0.89		0	9		0.19		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3023		0	9		635		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.6		0	9		0.1		
Thiamin.....mg	0.272		0	9		0.057		
Riboflavin.....mg	0.253		0	9		0.053		
Niacin.....mg	2.834		0	9		0.595		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	9		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	9		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	118		0	9		25		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	6.623		0	9		1.391		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	9		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06288

Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN NOODLE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.64		
Energy.....kcal	384		0	9		61		
Energy.....kj	1607			9		257		
Protein.....g	16.07		0	9		2.57		
Total lipid (fat).....g	7.29		0	9		1.17		
Ash.....g	9.11		0	4		1.46		
Carbohydrate, by difference.....g	63.53		0	9		10.16		
Fiber, total dietary.....g	1.9		0	9		0.3		
Sugars, total.....g	1.20		0	9		0.19		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	37		0	9		6		
Iron, Fe.....mg	3.07		0	9		0.49		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3696		0	9		591		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0	9		0.1		
Thiamin.....mg	0.771		0	9		0.123		
Riboflavin.....mg	0.395		0	9		0.063		
Niacin.....mg	7.878		0	9		1.260		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	106		0	9		17		
Folic acid.....mcg	53		0	4		8		
Folate, food.....mcg	53		0	4		8		
Folate, DFE.....mcg_DFE	143		0	4		23		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	257		0	9		41		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.667		0	9		0.427		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	89		0	9		14		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16.000g: 1 envelope

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06289

Soup, LIPTON, CUP-A-SOUP CHICKEN NOODLE WITH MEAT**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		4.00		
Energy.....kcal	381		0	9		381		
Energy.....kj	1594			9		1594		
Protein.....g	15.76		0	9		15.76		
Total lipid (fat).....g	8.02		0	9		8.02		
Ash.....g	10.37		0	4		10.37		
Carbohydrate, by difference.....g	61.85		0	9		61.85		
Fiber, total dietary.....g	2.3		0	9		2.3		
Sugars, total.....g	1.58		0	9		1.58		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	44		0	9		44		
Iron, Fe.....mg	3.09		0	9		3.09		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	4177		0	9		4177		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.5		0	9		1.5		
Thiamin.....mg	0.765		0	9		0.765		
Riboflavin.....mg	0.407		0	9		0.407		
Niacin.....mg	7.647		0	9		7.647		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	98		0	9		98		
Folic acid.....mcg	55		0	4		55		
Folate, food.....mcg	43		0	4		43		
Folate, DFE.....mcg_DFE	137		0	4		137		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	777		0	9		777		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.917		0	9		2.917		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	88		0	9		88		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06290

Soup, LIPTON, CUP-A-SOUP CREAM OF CHICKEN, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.68		
Energy.....kcal	401		0	9		68		
Energy.....kj	1678			9		285		
Protein.....g	4.52		0	9		0.77		
Total lipid (fat).....g	12.80		0	9		2.18		
Ash.....g	10.01		0	4		1.70		
Carbohydrate, by difference.....g	68.67		0	9		11.67		
Fiber, total dietary.....g	3.0		0	9		0.5		
Sugars, total.....g	11.98		0	9		2.04		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	111		0	9		19		
Iron, Fe.....mg	0.39		0	9		0.07		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3739		0	9		636		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0	9		0.1		
Thiamin.....mg	0.337		0	9		0.057		
Riboflavin.....mg	0.313		0	9		0.053		
Niacin.....mg	3.505		0	9		0.596		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	145		0	9		25		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.916		0	9		0.326		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	9		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17.000g: 1 envelope

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06291

Soup, LIPTON, CUP-A-SOUP CHICKEN FLAVOR VEGETABLE**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.56		
Energy.....kcal	374		0	9		52		
Energy.....kj	1565			9		219		
Protein.....g	9.87		0	9		1.38		
Total lipid (fat).....g	7.40		0	9		1.04		
Ash.....g	9.88		0	4		1.38		
Carbohydrate, by difference.....g	68.85		0	9		9.64		
Fiber, total dietary.....g	2.1		0	9		0.3		
Sugars, total.....g	2.84		0	9		0.40		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	42		0	9		6		
Iron, Fe.....mg	2.82		0	9		0.39		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3703		0	9		518		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	3.5		0	9		0.5		
Thiamin.....mg	0.549		0	9		0.077		
Riboflavin.....mg	0.221		0	9		0.031		
Niacin.....mg	3.888		0	9		0.544		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	95		0	9		13		
Folic acid.....mcg	39		0	4		5		
Folate, food.....mcg	56		0	4		8		
Folate, DFE.....mcg_DFE	122		0	4		17		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	14450		0	9		2023		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.551		0	9		0.357		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	69		0	9		10		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06292

Soup, LIPTON, CUP-A-SOUP RING NOODLE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.56		
Energy.....kcal	381		0	9		53		
Energy.....kj	1594			9		223		
Protein.....g	11.09		0	9		1.55		
Total lipid (fat).....g	7.92		0	9		1.11		
Ash.....g	10.31		0	4		1.44		
Carbohydrate, by difference.....g	66.68		0	9		9.34		
Fiber, total dietary.....g	1.5		0	9		0.2		
Sugars, total.....g	1.27		0	9		0.18		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	30		0	9		4		
Iron, Fe.....mg	3.13		0	9		0.44		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3976		0	9		557		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.1		0	9		0.2		
Thiamin.....mg	0.774		0	9		0.108		
Riboflavin.....mg	0.351		0	9		0.049		
Niacin.....mg	5.760		0	9		0.806		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	120		0	9		17		
Folic acid.....mcg	90		0	4		13		
Folate, food.....mcg	30		0	4		4		
Folate, DFE.....mcg_DFE	183		0	4		26		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	13290		0	9		1861		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.722		0	9		0.381		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	83		0	9		12		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06293

Soup, LIPTON, CUP-A-SOUP TOMATO, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		1.04		
Energy.....kcal	366		0	9		95		
Energy.....kj	1531			9		398		
Protein.....g	8.84		0	9		2.30		
Total lipid (fat).....g	3.45		0	9		0.90		
Ash.....g	6.92		0	4		1.80		
Carbohydrate, by difference.....g	76.79		0	9		19.97		
Fiber, total dietary.....g	2.2		0	9		0.6		
Sugars, total.....g	53.74		0	9		13.97		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	350		0	9		91		
Iron, Fe.....mg	1.25		0	9		0.33		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	1948		0	9		506		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	14.9		0	9		3.9		
Thiamin.....mg	0.640		0	9		0.166		
Riboflavin.....mg	1.307		0	9		0.340		
Niacin.....mg	3.688		0	9		0.959		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	22		0	9		6		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	22		0	9		6		
Folate, DFE.....mcg_DFE	22		0	4		6		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	779		0	9		203		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.629		0	9		0.424		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	9		0	9		2		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26.000g: 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06294

Soup, LIPTON, CUP-A-SOUP GREEN PEA, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.84		
Energy.....kcal	358		0	9		75		
Energy.....kj	1498			9		315		
Protein.....g	21.20		0	9		4.45		
Total lipid (fat).....g	5.40		0	9		1.13		
Ash.....g	10.79		0	4		2.27		
Carbohydrate, by difference.....g	58.61		0	9		12.31		
Fiber, total dietary.....g	14.9		0	9		3.1		
Sugars, total.....g	4.18		0	9		0.88		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	3		0	9		1		
Iron, Fe.....mg	3.03		0	9		0.64		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	2476		0	9		520		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0	9		0.0		
Thiamin.....mg	0.047		0	9		0.010		
Riboflavin.....mg	0.103		0	9		0.022		
Niacin.....mg	1.005		0	9		0.211		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	0		0	7		0		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.862		0	9		0.181		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06295

Soup, LIPTON, CUP-A-SOUP CREAM OF MUSHROOM, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.60		
Energy.....kcal	399		0	9		60		
Energy.....kj	1669			9		250		
Protein.....g	5.15		0	9		0.77		
Total lipid (fat).....g	14.09		0	9		2.11		
Ash.....g	11.53		0	4		1.73		
Carbohydrate, by difference.....g	65.23		0	9		9.78		
Fiber, total dietary.....g	3.3		0	9		0.5		
Sugars, total.....g	9.58		0	9		1.44		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	114		0	9		17		
Iron, Fe.....mg	0.58		0	9		0.09		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	4051		0	9		608		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.8		0	9		0.1		
Thiamin.....mg	0.077		0	9		0.012		
Riboflavin.....mg	0.150		0	9		0.023		
Niacin.....mg	1.495		0	9		0.224		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	6		0	9		1		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.083		0	9		0.312		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	9		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06296

Soup, LIPTON, CUP-A-SOUP SPRING VEGETABLE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.52		
Energy.....kcal	361		0	9		47		
Energy.....kj	1510			9		196		
Protein.....g	13.26		0	9		1.72		
Total lipid (fat).....g	7.58		0	9		0.99		
Ash.....g	11.84		0	4		1.54		
Carbohydrate, by difference.....g	63.32		0	9		8.23		
Fiber, total dietary.....g	5.0		0	9		0.7		
Sugars, total.....g	9.40		0	9		1.22		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	29		0	9		4		
Iron, Fe.....mg	2.98		0	9		0.39		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3820		0	9		497		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	4.8		0	9		0.6		
Thiamin.....mg	0.633		0	9		0.082		
Riboflavin.....mg	0.313		0	9		0.041		
Niacin.....mg	4.767		0	9		0.620		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	104		0	9		14		
Folic acid.....mcg	86		0	4		11		
Folate, food.....mcg	18		0	4		2		
Folate, DFE.....mcg_DFE	164		0	4		21		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	13580		0	9		1765		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.632		0	9		0.212		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	60		0	9		8		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.000g: 1 envelope

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06297

Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN BROTH, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.24		
Energy.....kcal	307		0	9		18		
Energy.....kj	1284			9		77		
Protein.....g	20.10		0	9		1.21		
Total lipid (fat).....g	2.28		0	9		0.14		
Ash.....g	19.60		0	4		1.18		
Carbohydrate, by difference.....g	54.02		0	9		3.24		
Fiber, total dietary.....g	0.1		0	9		0.0		
Sugars, total.....g	3.77		0	9		0.23		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	32		0	9		2		
Iron, Fe.....mg	1.52		0	9		0.09		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	7359		0	9		442		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.4		0	9		0.0		
Thiamin.....mg	0.008		0	9		0.000		
Riboflavin.....mg	0.054		0	9		0.003		
Niacin.....mg	2.794		0	9		0.168		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	11		0	9		1		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.427		0	9		0.026		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	9		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06298

Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN/PASTA, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.52		
Energy.....kcal	340		0	9		44		
Energy.....kj	1423			9		185		
Protein.....g	16.30		0	9		2.12		
Total lipid (fat).....g	2.60		0	9		0.34		
Ash.....g	13.10		0	4		1.70		
Carbohydrate, by difference.....g	64.00		0	9		8.32		
Fiber, total dietary.....g	1.2		0	9		0.2		
Sugars, total.....g	1.40		0	9		0.18		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	22		0	9		3		
Iron, Fe.....mg	2.93		0	9		0.38		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	3457		0	9		449		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.5		0	9		0.1		
Thiamin.....mg	0.608		0	9		0.079		
Riboflavin.....mg	0.247		0	9		0.032		
Niacin.....mg	5.288		0	9		0.687		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	108		0	9		14		
Folic acid.....mcg	94		0	4		12		
Folate, food.....mcg	14		0	4		2		
Folate, DFE.....mcg_DFE	174		0	4		23		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	8317		0	9		1081		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.363		0	9		0.047		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06299

Soup, LIPTON, KETTLE CREATIONS HOMESTYLE LENTIL, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		1.44		
Energy.....kcal	354		0	9		127		
Energy.....kj	1481			9		533		
Protein.....g	20.71		0	9		7.46		
Total lipid (fat).....g	3.29		0	9		1.18		
Ash.....g	9.51		0	4		3.42		
Carbohydrate, by difference.....g	62.49		0	9		22.50		
Fiber, total dietary.....g	14.6		0	9		5.3		
Sugars, total.....g	3.25		0	9		1.17		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	22		0	9		8		
Iron, Fe.....mg	5.05		0	9		1.82		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	2092		0	9		753		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	3.2		0	9		1.2		
Thiamin.....mg	0.094		0	9		0.034		
Riboflavin.....mg	0.056		0	9		0.020		
Niacin.....mg	0.551		0	9		0.198		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	80		0	9		29		
Folic acid.....mcg	70		0	4		25		
Folate, food.....mcg	10		0	4		4		
Folate, DFE.....mcg_DFE	129		0	4		46		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	1297		0	9		467		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.384		0	9		0.138		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06300

Soup, LIPTON, KETTLE CREATIONS CHICKEN WITH PASTA & BEAN, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		1.20		
Energy.....kcal	353		0	9		106		
Energy.....kj	1477			9		443		
Protein.....g	15.57		0	9		4.67		
Total lipid (fat).....g	4.29		0	9		1.29		
Ash.....g	11.43		0	4		3.43		
Carbohydrate, by difference.....g	64.71		0	9		19.41		
Fiber, total dietary.....g	8.6		0	9		2.6		
Sugars, total.....g	4.69		0	9		1.41		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	125		0	9		38		
Iron, Fe.....mg	3.65		0	9		1.10		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	2329		0	9		699		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	5.6		0	9		1.7		
Thiamin.....mg	0.683		0	9		0.205		
Riboflavin.....mg	0.461		0	9		0.138		
Niacin.....mg	5.264		0	9		1.579		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	98		0	9		29		
Folic acid.....mcg	29		0	4		9		
Folate, food.....mcg	69		0	4		21		
Folate, DFE.....mcg_DFE	118		0	4		35		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	1551		0	9		465		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.924		0	9		0.277		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	19		0	9		6		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06301

Soup, LIPTON, RECIPE SECRETS VEGETABLE, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.40		
Energy.....kcal	276		0	9		28		
Energy.....kj	1155			9		115		
Protein.....g	8.11		0	9		0.81		
Total lipid (fat).....g	2.32		0	9		0.23		
Ash.....g	20.86		0	4		2.09		
Carbohydrate, by difference.....g	64.71		0	9		6.47		
Fiber, total dietary.....g	10.2		0	9		1.0		
Sugars, total.....g	19.92		0	9		1.99		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	196		0	9		20		
Iron, Fe.....mg	3.24		0	9		0.32		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	6028		0	9		603		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	83.6		0	9		8.4		
Thiamin.....mg	0.163		0	9		0.016		
Riboflavin.....mg	0.189		0	9		0.019		
Niacin.....mg	1.332		0	9		0.133		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	202		0	9		20		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.395		0	9		0.040		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06302

Soup, LIPTON, RECIPE SECRETS ONION MUSHROOM, Mix, Dry

/

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.40		
Energy.....kcal	322		0	9		32		
Energy.....kj	1347			9		135		
Protein.....g	8.42		0	9		0.84		
Total lipid (fat).....g	7.86		0	9		0.79		
Ash.....g	22.26		0	4		2.23		
Carbohydrate, by difference.....g	57.45		0	9		5.75		
Fiber, total dietary.....g	3.2		0	9		0.3		
Sugars, total.....g	0.58		0	9		0.06		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	101		0	9		10		
Iron, Fe.....mg	1.24		0	9		0.12		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	6257		0	9		626		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	5.2		0	9		0.5		
Thiamin.....mg	2.053		0	9		0.205		
Riboflavin.....mg	0.214		0	9		0.021		
Niacin.....mg	3.029		0	9		0.303		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	0		0	7		0		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.069		0	9		0.107		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06305

Soup, LIPTON, RECIPE SECRETS SAVORY HERB WITH GARLIC, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.36		
Energy.....kcal	343		0	9		31		
Energy.....kj	1435			9		129		
Protein.....g	10.54		0	9		0.95		
Total lipid (fat).....g	4.42		0	9		0.40		
Ash.....g	13.95		0	4		1.26		
Carbohydrate, by difference.....g	67.09		0	9		6.04		
Fiber, total dietary.....g	3.2		0	9		0.3		
Sugars, total.....g	6.12		0	9		0.55		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	77		0	9		7		
Iron, Fe.....mg	1.98		0	9		0.18		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	5299		0	9		477		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	18.4		0	9		1.7		
Thiamin.....mg	0.300		0	9		0.027		
Riboflavin.....mg	0.350		0	9		0.032		
Niacin.....mg	3.360		0	9		0.302		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	493		0	9		44		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.060		0	9		0.095		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	16		0	9		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06307

Sauce, KRAFT Barbecue Sauce Original**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	67.70		0	9		23.02		
Energy.....kcal	116		0	9		39		
Energy.....kj	485			9		165		
Protein.....g	0.50		0	9		0.17		
Total lipid (fat).....g	0.30		0	4		0.10		
Ash.....g	3.40		0	9		1.16		
Carbohydrate, by difference (1)	26.10		0	9		8.87		
Fiber, total dietary.....g	0.9		0	9		0.3		
Sugars, total.....g	21.70		0	9		7.38		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		0	9		5		
Iron, Fe.....mg	0.62		0	9		0.21		
Magnesium, Mg.....mg								
Phosphorus, P.....mg	9		0	9		3		
Potassium, K.....mg	81		0	9		28		
Sodium, Na.....mg	1248		0	9		424		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0	9		0.1		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	336		0	9		114		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.000		0	9		0.000		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	9		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein**Fat****Carbohydrate**

NDB No. 06307
Sauce, KRAFT Barbecue Sauce Original

Food Group: 06 Soups, Sauces, and Gravies
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06308

Sauce, KRAFT Barbecue Sauce Hickory Smoke**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	67.60		0	9		22.98		
Energy.....kcal	116		0	9		39		
Energy.....kj	485			9		165		
Protein.....g	0.50		0	9		0.17		
Total lipid (fat).....g	0.30		0	4		0.10		
Ash.....g	3.40		0	9		1.16		
Carbohydrate, by difference (1)	26.20		0	9		8.91		
Fiber, total dietary.....g	0.9		0	9		0.3		
Sugars, total.....g	21.70		0	9		7.38		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		0	9		5		
Iron, Fe.....mg	0.62		0	9		0.21		
Magnesium, Mg.....mg								
Phosphorus, P.....mg	9		0	9		3		
Potassium, K.....mg	81		0	9		28		
Sodium, Na.....mg	1228		0	9		418		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0	9		0.1		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	336		0	9		114		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.000		0	9		0.000		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	9		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34.000g: 2 tbsp

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein**Fat****Carbohydrate**

NDB No. 06308

Sauce, KRAFT Barbecue Sauce Hickory Smoke

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		0	1		0.126	0.305	
17:1.....g								
18:1 undifferentiated.....g	0.680		0	1		1.707	4.141	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.490		0	1		1.230	2.984	
18:2 undifferentiated.....g	0.420		0	1		1.054	2.558	
18:3 undifferentiated.....g	0.080		0	1		0.201	0.487	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	9		0	1		23	55	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.032		0	1		0.080	0.195	
Threonine.....g	0.099		0	1		0.248	0.603	
Isoleucine.....g	0.128		0	1		0.321	0.780	
Leucine.....g	0.207		0	1		0.520	1.261	
Lysine.....g	0.163		0	1		0.409	0.993	
Methionine.....g	0.052		0	1		0.131	0.317	
Cystine.....g	0.024		0	1		0.060	0.146	
Phenylalanine.....g	0.108		0	1		0.271	0.658	
Tyrosine.....g	0.101		0	1		0.254	0.615	
Valine.....g	0.142		0	1		0.356	0.865	
Arginine.....g	0.084		0	1		0.211	0.512	
Histidine.....g	0.061		0	1		0.153	0.371	
Alanine.....g	0.081		0	1		0.203	0.493	
Aspartic acid.....g	0.201		0	1		0.505	1.224	
Glutamic acid.....g	0.646		0	1		1.621	3.934	
Glycine.....g	0.055		0	1		0.138	0.335	
Proline.....g	0.211		0	1		0.530	1.285	
Serine.....g	0.123		0	1		0.309	0.749	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup (8 fl oz)

Measure 2 = 609.000g: 1 can (11 oz), prepared

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06359

Soup, tomato, canned, prepared with equal volume milk, commercial

Refuse: 0%

NDB No. 06359

Soup, tomato, canned, prepared with equal volume milk, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.099	0.241	
17:1.....g								
18:1 undifferentiated.....g	0.580		0	1		1.438	3.492	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.450		0	1		1.116	2.709	
18:2 undifferentiated.....g	0.360		0	1		0.893	2.167	
18:3 undifferentiated.....g	0.090		0	1		0.223	0.542	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	1		17	42	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.031		0	1		0.077	0.187	
Threonine.....g	0.094		0	1		0.233	0.566	
Isoleucine.....g	0.122		0	1		0.303	0.734	
Leucine.....g	0.199		0	1		0.494	1.198	
Lysine.....g	0.149		0	1		0.370	0.897	
Methionine.....g	0.050		0	1		0.124	0.301	
Cystine.....g	0.026		0	1		0.064	0.157	
Phenylalanine.....g	0.107		0	1		0.265	0.644	
Tyrosine.....g	0.096		0	1		0.238	0.578	
Valine.....g	0.135		0	1		0.335	0.813	
Arginine.....g	0.083		0	1		0.206	0.500	
Histidine.....g	0.059		0	1		0.146	0.355	
Alanine.....g	0.078		0	1		0.193	0.470	
Aspartic acid.....g	0.188		0	1		0.466	1.132	
Glutamic acid.....g	0.653		0	1		1.619	3.931	
Glycine.....g	0.056		0	1		0.139	0.337	
Proline.....g	0.212		0	1		0.526	1.276	
Serine.....g	0.120		0	1		0.298	0.722	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup (8 fl oz)

Measure 2 = 602.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 2.8**Fat** 8.7**Carbohydrate** 3.8**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.049	0.119	
17:1.....g								
18:1 undifferentiated.....g	0.360		0	1		0.878	2.135	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.760		0	1		1.854	4.507	
18:2 undifferentiated.....g	0.730		0	1		1.781	4.329	
18:3 undifferentiated.....g	0.020		0	1		0.049	0.119	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.012		0	1		0.029	0.071	
Threonine.....g	0.032		0	1		0.078	0.190	
Isoleucine.....g	0.040		0	1		0.098	0.237	
Leucine.....g	0.067		0	1		0.163	0.397	
Lysine.....g	0.046		0	1		0.112	0.273	
Methionine.....g	0.017		0	1		0.041	0.101	
Cystine.....g	0.012		0	1		0.029	0.071	
Phenylalanine.....g	0.039		0	1		0.095	0.231	
Tyrosine.....g	0.031		0	1		0.076	0.184	
Valine.....g	0.047		0	1		0.115	0.279	
Arginine.....g	0.035		0	1		0.085	0.208	
Histidine.....g	0.020		0	1		0.049	0.119	
Alanine.....g	0.038		0	1		0.093	0.225	
Aspartic acid.....g	0.070		0	1		0.171	0.415	
Glutamic acid.....g	0.240		0	1		0.586	1.423	
Glycine.....g	0.028		0	1		0.068	0.166	
Proline.....g	0.084		0	1		0.205	0.498	
Serine.....g	0.043		0	1		0.105	0.255	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	4		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.010		0	1		0.025	0.003	0.060
17:1.....g								
18:1 undifferentiated.....g	0.210		0	1		0.519	0.065	1.260
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.190		0	1		0.469	0.059	1.140
18:2 undifferentiated.....g	0.140		0	1		0.346	0.043	0.840
18:3 undifferentiated.....g	0.040		0	1		0.099	0.012	0.240
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.026		0	1		0.064	0.008	0.156
Threonine.....g	0.101		0	1		0.249	0.031	0.606
Isoleucine.....g	0.116		0	1		0.287	0.036	0.696
Leucine.....g	0.171		0	1		0.422	0.053	1.026
Lysine.....g	0.168		0	1		0.415	0.052	1.008
Methionine.....g	0.025		0	1		0.062	0.008	0.150
Cystine.....g	0.024		0	1		0.059	0.007	0.144
Phenylalanine.....g	0.126		0	1		0.311	0.039	0.756
Tyrosine.....g	0.020		0	1		0.049	0.006	0.120
Valine.....g	0.115		0	1		0.284	0.036	0.690
Arginine.....g	0.134		0	1		0.331	0.041	0.804
Histidine.....g	0.066		0	1		0.163	0.020	0.396
Alanine.....g	0.094		0	1		0.232	0.029	0.564
Aspartic acid.....g	0.264		0	1		0.652	0.082	1.584
Glutamic acid.....g	0.456		0	1		1.126	0.141	2.736
Glycine.....g	0.089		0	1		0.220	0.028	0.534
Proline.....g	0.088		0	1		0.217	0.027	0.528
Serine.....g	0.125		0	1		0.309	0.039	0.750
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 30.900g: 1 fl oz

Measure 3 = 600.000g: 1 can (11 oz), prepared

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06404

Soup, bean with pork, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06404

Soup, bean with pork, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.040		0	1		0.101	0.013	0.246
17:1.....g								
18:1 undifferentiated.....g	0.810		0	1		2.049	0.256	4.973
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.720		0	1		1.822	0.228	4.421
18:2 undifferentiated.....g	0.540		0	1		1.366	0.171	3.316
18:3 undifferentiated.....g	0.170		0	1		0.430	0.054	1.044
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	0	6
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.033		0	1		0.083	0.010	0.203
Threonine.....g	0.129		0	1		0.326	0.041	0.792
Isoleucine.....g	0.152		0	1		0.385	0.048	0.933
Leucine.....g	0.257		0	1		0.650	0.081	1.578
Lysine.....g	0.212		0	1		0.536	0.067	1.302
Methionine.....g	0.039		0	1		0.099	0.012	0.239
Cystine.....g	0.035		0	1		0.089	0.011	0.215
Phenylalanine.....g	0.174		0	1		0.440	0.055	1.068
Tyrosine.....g	0.093		0	1		0.235	0.029	0.571
Valine.....g	0.172		0	1		0.435	0.054	1.056
Arginine.....g	0.164		0	1		0.415	0.052	1.007
Histidine.....g	0.081		0	1		0.205	0.026	0.497
Alanine.....g	0.156		0	1		0.395	0.049	0.958
Aspartic acid.....g	0.349		0	1		0.883	0.110	2.143
Glutamic acid.....g	0.575		0	1		1.455	0.182	3.531
Glycine.....g	0.151		0	1		0.382	0.048	0.927
Proline.....g	0.141		0	1		0.357	0.045	0.866
Serine.....g	0.154		0	1		0.390	0.049	0.946
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253.000g: 1 cup (8 fl oz)

Measure 2 = 31.600g: 1 fl oz

Measure 3 = 614.000g: 1 can (11.5 oz), prepared

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06406

Soup, bean with frankfurters, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06406

Soup, bean with frankfurters, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.060		0	1		0.150	0.364	
17:1.....g								
18:1 undifferentiated.....g	1.010		0	1		2.525	6.131	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.660		0	1		1.650	4.006	
18:2 undifferentiated.....g	0.500		0	1		1.250	3.035	
18:3 undifferentiated.....g	0.140		0	1		0.350	0.850	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0	1		13	30	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.042		0	1		0.105	0.255	
Threonine.....g	0.165		0	1		0.413	1.002	
Isoleucine.....g	0.195		0	1		0.488	1.184	
Leucine.....g	0.329		0	1		0.823	1.997	
Lysine.....g	0.272		0	1		0.680	1.651	
Methionine.....g	0.050		0	1		0.125	0.304	
Cystine.....g	0.044		0	1		0.110	0.267	
Phenylalanine.....g	0.223		0	1		0.558	1.354	
Tyrosine.....g	0.119		0	1		0.298	0.722	
Valine.....g	0.220		0	1		0.550	1.335	
Arginine.....g	0.210		0	1		0.525	1.275	
Histidine.....g	0.104		0	1		0.260	0.631	
Alanine.....g	0.199		0	1		0.498	1.208	
Aspartic acid.....g	0.447		0	1		1.118	2.713	
Glutamic acid.....g	0.736		0	1		1.840	4.468	
Glycine.....g	0.193		0	1		0.483	1.172	
Proline.....g	0.180		0	1		0.450	1.093	
Serine.....g	0.198		0	1		0.495	1.202	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup (8 fl oz)

Measure 2 = 607.000g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06409

Soup, beef noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06409

Soup, beef noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.040		0	1		0.098	0.012	0.237
17:1.....g								
18:1 undifferentiated.....g	0.450		0	1		1.098	0.137	2.669
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.200		0	1		0.488	0.061	1.186
18:2 undifferentiated.....g	0.170		0	1		0.415	0.052	1.008
18:3 undifferentiated.....g	0.020		0	1		0.049	0.006	0.119
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	1	12
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.019		0	1		0.046	0.006	0.113
Threonine.....g	0.063		0	1		0.154	0.019	0.374
Isoleucine.....g	0.077		0	1		0.188	0.023	0.457
Leucine.....g	0.129		0	1		0.315	0.039	0.765
Lysine.....g	0.107		0	1		0.261	0.033	0.635
Methionine.....g	0.037		0	1		0.090	0.011	0.219
Cystine.....g	0.024		0	1		0.059	0.007	0.142
Phenylalanine.....g	0.080		0	1		0.195	0.024	0.474
Tyrosine.....g	0.051		0	1		0.124	0.016	0.302
Valine.....g	0.085		0	1		0.207	0.026	0.504
Arginine.....g	0.081		0	1		0.198	0.025	0.480
Histidine.....g	0.046		0	1		0.112	0.014	0.273
Alanine.....g	0.091		0	1		0.222	0.028	0.540
Aspartic acid.....g	0.145		0	1		0.354	0.044	0.860
Glutamic acid.....g	0.547		0	1		1.335	0.167	3.244
Glycine.....g	0.093		0	1		0.227	0.028	0.551
Proline.....g	0.128		0	1		0.312	0.039	0.759
Serine.....g	0.071		0	1		0.173	0.022	0.421
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06410

Soup, cream of celery, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06410

Soup, cream of celery, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.020		0	1		0.049	0.119
17:1.....g							
18:1 undifferentiated.....g	0.490		0	1		1.196	2.906
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.030		0	1		2.513	6.108
18:2 undifferentiated.....g	1.000		0	1		2.440	5.930
18:3 undifferentiated.....g	0.030		0	1		0.073	0.178
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	6		0	1		15	36
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.008		0	1		0.020	0.047
Threonine.....g	0.024		0	1		0.059	0.142
Isoleucine.....g	0.032		0	1		0.078	0.190
Leucine.....g	0.051		0	1		0.124	0.302
Lysine.....g	0.030		0	1		0.073	0.178
Methionine.....g	0.012		0	1		0.029	0.071
Cystine.....g	0.008		0	1		0.020	0.047
Phenylalanine.....g	0.032		0	1		0.078	0.190
Tyrosine.....g	0.022		0	1		0.054	0.130
Valine.....g	0.037		0	1		0.090	0.219
Arginine.....g	0.024		0	1		0.059	0.142
Histidine.....g	0.016		0	1		0.039	0.095
Alanine.....g	0.025		0	1		0.061	0.148
Aspartic acid.....g	0.047		0	1		0.115	0.279
Glutamic acid.....g	0.157		0	1		0.383	0.931
Glycine.....g	0.021		0	1		0.051	0.125
Proline.....g	0.057		0	1		0.139	0.338
Serine.....g	0.031		0	1		0.076	0.184
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.130		0	1		0.321	0.780	
17:1.....g								
18:1 undifferentiated.....g	1.010		0	1		2.495	6.060	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.120		0	1		0.296	0.720	
18:2 undifferentiated.....g	0.070		0	1		0.173	0.420	
18:3 undifferentiated.....g	0.050		0	1		0.124	0.300	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	12		0	1		30	72	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.029		0	1		0.072	0.174	
Threonine.....g	0.077		0	1		0.190	0.462	
Isoleucine.....g	0.130		0	1		0.321	0.780	
Leucine.....g	0.207		0	1		0.511	1.242	
Lysine.....g	0.154		0	1		0.380	0.924	
Methionine.....g	0.047		0	1		0.116	0.282	
Cystine.....g	0.018		0	1		0.044	0.108	
Phenylalanine.....g	0.113		0	1		0.279	0.678	
Tyrosine.....g	0.101		0	1		0.249	0.606	
Valine.....g	0.154		0	1		0.380	0.924	
Arginine.....g	0.066		0	1		0.163	0.396	
Histidine.....g	0.059		0	1		0.146	0.354	
Alanine.....g	0.071		0	1		0.175	0.426	
Aspartic acid.....g	0.154		0	1		0.380	0.924	
Glutamic acid.....g	0.676		0	1		1.670	4.056	
Glycine.....g	0.047		0	1		0.116	0.282	
Proline.....g	0.231		0	1		0.571	1.386	
Serine.....g	0.101		0	1		0.249	0.606	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247.000g: 1 cup (8 fl oz)

Measure 2 = 600.000g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06412

Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06412

Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.100		0	1		0.241	0.030	0.586
17:1.....g								
18:1 undifferentiated.....g	0.940		0	1		2.265	0.283	5.508
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.540		0	1		1.301	0.163	3.164
18:2 undifferentiated.....g	0.510		0	1		1.229	0.154	2.989
18:3 undifferentiated.....g	0.010		0	1		0.024	0.003	0.059
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	14		0	1		34	4	82
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.022		0	1		0.053	0.007	0.129
Threonine.....g	0.080		0	1		0.193	0.024	0.469
Isoleucine.....g	0.101		0	1		0.243	0.030	0.592
Leucine.....g	0.169		0	1		0.407	0.051	0.990
Lysine.....g	0.157		0	1		0.378	0.047	0.920
Methionine.....g	0.045		0	1		0.108	0.014	0.264
Cystine.....g	0.030		0	1		0.072	0.009	0.176
Phenylalanine.....g	0.093		0	1		0.224	0.028	0.545
Tyrosine.....g	0.059		0	1		0.142	0.018	0.346
Valine.....g	0.115		0	1		0.277	0.035	0.674
Arginine.....g	0.121		0	1		0.292	0.036	0.709
Histidine.....g	0.057		0	1		0.137	0.017	0.334
Alanine.....g	0.143		0	1		0.345	0.043	0.838
Aspartic acid.....g	0.199		0	1		0.480	0.060	1.166
Glutamic acid.....g	0.631		0	1		1.521	0.190	3.698
Glycine.....g	0.171		0	1		0.412	0.051	1.002
Proline.....g	0.153		0	1		0.369	0.046	0.897
Serine.....g	0.079		0	1		0.190	0.024	0.463
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 30.100g: 1 fl oz

Measure 3 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06413

Soup, chicken broth, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06413

Soup, chicken broth, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.072	0.073	0.009
17:1.....g								
18:1 undifferentiated.....g	0.200		0	1		0.480	0.488	0.060
20:1.....g	0.010		0	1		0.024	0.024	0.003
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.110		0	1		0.264	0.268	0.033
18:2 undifferentiated.....g	0.100		0	1		0.240	0.244	0.030
18:3 undifferentiated.....g	0.010		0	1		0.024	0.024	0.003
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 244.000g: 1 cup (8 fl oz)

Measure 3 = 30.000g: 1 fl oz

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.120		0	1		0.293	0.037	0.712
17:1.....g								
18:1 undifferentiated.....g	1.210		0	1		2.952	0.369	7.175
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.610		0	1		1.488	0.186	3.617
18:2 undifferentiated.....g	0.580		0	1		1.415	0.177	3.439
18:3 undifferentiated.....g	0.030		0	1		0.073	0.009	0.178
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	1	24
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.017		0	1		0.041	0.005	0.101
Threonine.....g	0.053		0	1		0.129	0.016	0.314
Isoleucine.....g	0.070		0	1		0.171	0.021	0.415
Leucine.....g	0.108		0	1		0.264	0.033	0.640
Lysine.....g	0.088		0	1		0.215	0.027	0.522
Methionine.....g	0.033		0	1		0.081	0.010	0.196
Cystine.....g	0.021		0	1		0.051	0.006	0.125
Phenylalanine.....g	0.063		0	1		0.154	0.019	0.374
Tyrosine.....g	0.048		0	1		0.117	0.015	0.285
Valine.....g	0.071		0	1		0.173	0.022	0.421
Arginine.....g	0.068		0	1		0.166	0.021	0.403
Histidine.....g	0.038		0	1		0.093	0.012	0.225
Alanine.....g	0.061		0	1		0.149	0.019	0.362
Aspartic acid.....g	0.099		0	1		0.242	0.030	0.587
Glutamic acid.....g	0.319		0	1		0.778	0.097	1.892
Glycine.....g	0.056		0	1		0.137	0.017	0.332
Proline.....g	0.105		0	1		0.256	0.032	0.623
Serine.....g	0.062		0	1		0.151	0.019	0.368
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.030		0	1		0.073	0.009	0.178
17:1.....g								
18:1 undifferentiated.....g	0.240		0	1		0.586	0.073	1.423
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.140		0	1		0.342	0.043	0.830
18:2 undifferentiated.....g	0.130		0	1		0.317	0.040	0.771
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	1	12
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.009		0	1		0.022	0.003	0.053
Threonine.....g	0.034		0	1		0.083	0.010	0.202
Isoleucine.....g	0.041		0	1		0.100	0.013	0.243
Leucine.....g	0.069		0	1		0.168	0.021	0.409
Lysine.....g	0.066		0	1		0.161	0.020	0.391
Methionine.....g	0.019		0	1		0.046	0.006	0.113
Cystine.....g	0.007		0	1		0.017	0.002	0.042
Phenylalanine.....g	0.040		0	1		0.098	0.012	0.237
Tyrosine.....g	0.028		0	1		0.068	0.009	0.166
Valine.....g	0.048		0	1		0.117	0.015	0.285
Arginine.....g	0.050		0	1		0.122	0.015	0.297
Histidine.....g	0.024		0	1		0.059	0.007	0.142
Alanine.....g	0.062		0	1		0.151	0.019	0.368
Aspartic acid.....g	0.091		0	1		0.222	0.028	0.540
Glutamic acid.....g	0.272		0	1		0.664	0.083	1.613
Glycine.....g	0.068		0	1		0.166	0.021	0.403
Proline.....g	0.062		0	1		0.151	0.019	0.368
Serine.....g	0.037		0	1		0.090	0.011	0.219
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06419

Soup, chicken noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06419

Soup, chicken noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.020		0	1		0.048	0.006	0.117
17:1.....g								
18:1 undifferentiated.....g	0.420		0	1		1.012	0.126	2.461
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.230		0	1		0.554	0.069	1.348
18:2 undifferentiated.....g	0.210		0	1		0.506	0.063	1.231
18:3 undifferentiated.....g	0.010		0	1		0.024	0.003	0.059
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		7	1	18
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.016		0	1		0.039	0.005	0.094
Threonine.....g	0.053		0	1		0.128	0.016	0.311
Isoleucine.....g	0.066		0	1		0.159	0.020	0.387
Leucine.....g	0.110		0	1		0.265	0.033	0.645
Lysine.....g	0.091		0	1		0.219	0.027	0.533
Methionine.....g	0.032		0	1		0.077	0.010	0.188
Cystine.....g	0.019		0	1		0.046	0.006	0.111
Phenylalanine.....g	0.068		0	1		0.164	0.020	0.398
Tyrosine.....g	0.044		0	1		0.106	0.013	0.258
Valine.....g	0.073		0	1		0.176	0.022	0.428
Arginine.....g	0.069		0	1		0.166	0.021	0.404
Histidine.....g	0.039		0	1		0.094	0.012	0.229
Alanine.....g	0.078		0	1		0.188	0.023	0.457
Aspartic acid.....g	0.123		0	1		0.296	0.037	0.721
Glutamic acid.....g	0.464		0	1		1.118	0.140	2.719
Glycine.....g	0.079		0	1		0.190	0.024	0.463
Proline.....g	0.109		0	1		0.263	0.033	0.639
Serine.....g	0.060		0	1		0.145	0.018	0.352
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 30.100g: 1 fl oz

Measure 3 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06423

Soup, chicken with rice, canned, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
							Measure 3
Proximates:							
Water.....g	93.82		0	1		226.11	28.24
Energy.....kcal	25		0	4		60	8
Energy.....kj	105			4		252	31
Protein (N x 6.25).....g	1.47		0	1		3.54	0.44
Total lipid (fat).....g	0.79		0	1		1.90	0.24
Ash.....g	0.95		0	1		2.29	0.29
Carbohydrate, by difference.....g	2.97		0	4		7.16	0.89
Fiber, total dietary.....g	0.3		0	4		0.7	0.1
Sugars, total.....g							1.8
Starch.....g							
Minerals:							
Calcium, Ca.....mg	7		0	1		17	2
Iron, Fe.....mg	0.31		0	1		0.75	0.09
Magnesium, Mg.....mg	0		0	1		0	0
Phosphorus, P.....mg	9		0	1		22	3
Potassium, K.....mg	42		0	1		101	13
Sodium, Na.....mg	338		0	1		815	102
Zinc, Zn.....mg	0.11		0	1		0.26	0.03
Copper, Cu.....mg	0.049		0	1		0.118	0.015
Manganese, Mn.....mg	0.152		0	1		0.366	0.046
Selenium, Se.....mcg	2.0		0	4		4.8	0.6
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.1		0	1		0.2	0.0
Thiamin.....mg	0.007		0	1		0.017	0.002
Riboflavin.....mg	0.010		0	1		0.024	0.003
Niacin.....mg	0.467		0	1		1.125	0.141
Pantothenic acid.....mg	0.070		0	4		0.169	0.021
Vitamin B-6.....mg	0.010		0	1		0.024	0.003
Folate, total.....mcg	0		0	1		1	0
Folic acid.....mcg	0		0	7		0	0
Folate, food.....mcg	0		0	1		1	0
Folate, DFE.....mcg_DFE	0		0	4		1	0
Vitamin B-12.....mcg	0.06		0	4		0.14	0.02
Vitamin A, IU.....IU	274		0	1		660	82
Vitamin A, RE.....mcg_RE	27		0	1		65	8
Vitamin E.....mg_ATE	0.022		0	4		0.053	0.007
Vitamin D.....IU							0.129
Lipids:							
Fatty acids, total saturated.....g	0.190		0	1		0.458	0.057
4:0.....g	0.000		0	1		0.000	0.000
6:0.....g	0.000		0	1		0.000	0.000
8:0.....g	0.000		0	1		0.000	0.000
10:0.....g	0.000		0	1		0.000	0.000
11:0.....g							
12:0.....g	0.000		0	1		0.000	0.000
13:0.....g							
14:0.....g	0.010		0	1		0.024	0.003
15:0.....g							
16:0.....g	0.150		0	1		0.362	0.045
17:0.....g							
18:0.....g	0.040		0	1		0.096	0.012
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.380		0	1		0.916	0.114
14:1.....g							
15:1.....g							

NDB No. 06423

Soup, chicken with rice, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.072	0.009	0.176
17:1.....g								
18:1 undifferentiated.....g	0.340		0	1		0.819	0.102	1.992
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.170		0	1		0.410	0.051	0.996
18:2 undifferentiated.....g	0.160		0	1		0.386	0.048	0.938
18:3 undifferentiated.....g	0.010		0	1		0.024	0.003	0.059
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		7	1	18
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.017		0	1		0.041	0.005	0.100
Threonine.....g	0.059		0	1		0.142	0.018	0.346
Isoleucine.....g	0.074		0	1		0.178	0.022	0.434
Leucine.....g	0.112		0	1		0.270	0.034	0.656
Lysine.....g	0.104		0	1		0.251	0.031	0.609
Methionine.....g	0.038		0	1		0.092	0.011	0.223
Cystine.....g	0.021		0	1		0.051	0.006	0.123
Phenylalanine.....g	0.063		0	1		0.152	0.019	0.369
Tyrosine.....g	0.051		0	1		0.123	0.015	0.299
Valine.....g	0.078		0	1		0.188	0.023	0.457
Arginine.....g	0.097		0	1		0.234	0.029	0.568
Histidine.....g	0.042		0	1		0.101	0.013	0.246
Alanine.....g	0.080		0	1		0.193	0.024	0.469
Aspartic acid.....g	0.132		0	1		0.318	0.040	0.774
Glutamic acid.....g	0.232		0	1		0.559	0.070	1.360
Glycine.....g	0.071		0	1		0.171	0.021	0.416
Proline.....g	0.062		0	1		0.149	0.019	0.363
Serine.....g	0.057		0	1		0.137	0.017	0.334
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 30.100g: 1 fl oz

Measure 3 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06425

Soup, chicken vegetable, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06425

Soup, chicken vegetable, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.070		0	1		0.169	0.021	0.410
17:1.....g								
18:1 undifferentiated.....g	0.440		0	1		1.060	0.132	2.578
20:1.....g	0.010		0	1		0.024	0.003	0.059
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.250		0	1		0.603	0.075	1.465
18:2 undifferentiated.....g	0.230		0	1		0.554	0.069	1.348
18:3 undifferentiated.....g	0.010		0	1		0.024	0.003	0.059
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	1	23
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.013		0	1		0.031	0.004	0.076
Threonine.....g	0.047		0	1		0.113	0.014	0.275
Isoleucine.....g	0.056		0	1		0.135	0.017	0.328
Leucine.....g	0.096		0	1		0.231	0.029	0.563
Lysine.....g	0.092		0	1		0.222	0.028	0.539
Methionine.....g	0.025		0	1		0.060	0.008	0.147
Cystine.....g	0.010		0	1		0.024	0.003	0.059
Phenylalanine.....g	0.055		0	1		0.133	0.017	0.322
Tyrosine.....g	0.039		0	1		0.094	0.012	0.229
Valine.....g	0.066		0	1		0.159	0.020	0.387
Arginine.....g	0.070		0	1		0.169	0.021	0.410
Histidine.....g	0.033		0	1		0.080	0.010	0.193
Alanine.....g	0.085		0	1		0.205	0.026	0.498
Aspartic acid.....g	0.126		0	1		0.304	0.038	0.738
Glutamic acid.....g	0.377		0	1		0.909	0.113	2.209
Glycine.....g	0.094		0	1		0.227	0.028	0.551
Proline.....g	0.086		0	1		0.207	0.026	0.504
Serine.....g	0.051		0	1		0.123	0.015	0.299
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 30.100g: 1 fl oz

Measure 3 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06426

Soup, chili beef, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06426

Soup, chili beef, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.110		0	1		0.275	0.034	0.668
17:1.....g								
18:1 undifferentiated.....g	0.960		0	1		2.400	0.300	5.827
20:1.....g	0.010		0	1		0.025	0.003	0.061
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.110		0	1		0.275	0.034	0.668
18:2 undifferentiated.....g	0.080		0	1		0.200	0.025	0.486
18:3 undifferentiated.....g	0.020		0	1		0.050	0.006	0.121
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0	1		13	2	30
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.028		0	1		0.070	0.009	0.170
Threonine.....g	0.110		0	1		0.275	0.034	0.668
Isoleucine.....g	0.131		0	1		0.328	0.041	0.795
Leucine.....g	0.221		0	1		0.553	0.069	1.341
Lysine.....g	0.182		0	1		0.455	0.057	1.105
Methionine.....g	0.034		0	1		0.085	0.011	0.206
Cystine.....g	0.029		0	1		0.073	0.009	0.176
Phenylalanine.....g	0.149		0	1		0.373	0.046	0.904
Tyrosine.....g	0.080		0	1		0.200	0.025	0.486
Valine.....g	0.147		0	1		0.368	0.046	0.892
Arginine.....g	0.140		0	1		0.350	0.044	0.850
Histidine.....g	0.070		0	1		0.175	0.022	0.425
Alanine.....g	0.133		0	1		0.333	0.041	0.807
Aspartic acid.....g	0.300		0	1		0.750	0.094	1.821
Glutamic acid.....g	0.493		0	1		1.233	0.154	2.993
Glycine.....g	0.129		0	1		0.323	0.040	0.783
Proline.....g	0.121		0	1		0.303	0.038	0.734
Serine.....g	0.132		0	1		0.330	0.041	0.801
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

Measure 3 = 607.000g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06428

Soup, clam chowder, manhattan, canned, prepared with equal volume water

Refuse: 0%

NDB No. 06428

Soup, clam chowder, manhattan, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.005		0	1		0.012	0.002	0.030
17:1.....g								
18:1 undifferentiated.....g	0.152		0	1		0.371	0.046	0.901
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.529		0	1		1.291	0.161	3.137
18:2 undifferentiated.....g	0.492		0	1		1.200	0.150	2.918
18:3 undifferentiated.....g	0.037		0	1		0.090	0.011	0.219
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	0	6
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06430

Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06430

Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.500		0	1		1.220	0.153
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.450		0	1		1.098	0.137
18:2 undifferentiated.....g	0.410		0	1		1.000	0.125
18:3 undifferentiated.....g	0.030		0	1		0.073	0.009
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	2		0	1		5	1
Phytosterols.....mg							12
Amino Acids:							
Tryptophan.....g	0.022		0	1		0.054	0.007
Threonine.....g	0.061		0	1		0.149	0.019
Isoleucine.....g	0.075		0	1		0.183	0.023
Leucine.....g	0.118		0	1		0.288	0.036
Lysine.....g	0.103		0	1		0.251	0.031
Methionine.....g	0.037		0	1		0.090	0.011
Cystine.....g	0.023		0	1		0.056	0.007
Phenylalanine.....g	0.065		0	1		0.159	0.020
Tyrosine.....g	0.052		0	1		0.127	0.016
Valine.....g	0.080		0	1		0.195	0.024
Arginine.....g	0.094		0	1		0.229	0.029
Histidine.....g	0.056		0	1		0.137	0.017
Alanine.....g	0.103		0	1		0.251	0.031
Aspartic acid.....g	0.183		0	1		0.447	0.056
Glutamic acid.....g	0.572		0	1		1.396	0.174
Glycine.....g	0.094		0	1		0.229	0.029
Proline.....g	0.075		0	1		0.183	0.023
Serine.....g	0.056		0	1		0.137	0.017
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06432

Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	96.24		0	1	231.94	563.97	
Energy.....kcal	12		0	4	29	70	
Energy.....kj	50			4	121	294	
Protein (N x 6.25).....g	2.22		0	1	5.35	13.01	
Total lipid (fat).....g	0.00		0	1	0.00	0.00	
Ash.....g	0.81		0	1	1.95	4.75	
Carbohydrate, by difference.....g	0.73		0	4	1.76	4.28	
Fiber, total dietary.....g	0.0		0	4	0.0	0.0	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	4		0	1	10	23	
Iron, Fe.....mg	0.22		0	1	0.53	1.29	
Magnesium, Mg.....mg	0		0	1	0	0	
Phosphorus, P.....mg	13		0	1	31	76	
Potassium, K.....mg	64		0	1	154	375	
Sodium, Na.....mg	264		0	1	636	1547	
Zinc, Zn.....mg	0.15		0	1	0.37	0.89	
Copper, Cu.....mg	0.102		0	1	0.246	0.598	
Manganese, Mn.....mg	0.152		0	1	0.366	0.891	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.4		0	1	1.0	2.3	
Thiamin.....mg	0.009		0	1	0.022	0.053	
Riboflavin.....mg	0.012		0	1	0.029	0.070	
Niacin.....mg	0.295		0	1	0.711	1.729	
Pantothenic acid.....mg	0.020		0	4	0.048	0.117	
Vitamin B-6.....mg	0.010		0	1	0.024	0.059	
Folate, total.....mcg	1		0	1	3	7	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	1		0	1	3	7	
Folate, DFE.....mcg_DFE	1		0	4	3	7	
Vitamin B-12.....mcg	0.00		0	1	0.00	0.00	
Vitamin A, IU.....IU	0		0	1	0	0	
Vitamin A, RE.....mcg_RE	0		0	1	0	0	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.000		0	1	0.000	0.000	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.000		0	1	0.000	0.000	
17:0.....g							
18:0.....g	0.000		0	1	0.000	0.000	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.000		0	1	0.000	0.000	
14:1.....g							
15:1.....g							

NDB No. 06432

Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g								
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.000		0	1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.059	
17:1.....g								
18:1 undifferentiated.....g	0.270		0	1		0.651	1.582	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.460		0	1		1.109	2.696	
18:2 undifferentiated.....g	0.400		0	1		0.964	2.344	
18:3 undifferentiated.....g	0.060		0	1		0.145	0.352	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	6	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.013		0	1		0.031	0.076	
Threonine.....g	0.043		0	1		0.104	0.252	
Isoleucine.....g	0.054		0	1		0.130	0.316	
Leucine.....g	0.098		0	1		0.236	0.574	
Lysine.....g	0.076		0	1		0.183	0.445	
Methionine.....g	0.018		0	1		0.043	0.105	
Cystine.....g	0.014		0	1		0.034	0.082	
Phenylalanine.....g	0.064		0	1		0.154	0.375	
Tyrosine.....g	0.035		0	1		0.084	0.205	
Valine.....g	0.074		0	1		0.178	0.434	
Arginine.....g	0.082		0	1		0.198	0.481	
Histidine.....g	0.030		0	1		0.072	0.176	
Alanine.....g	0.103		0	1		0.248	0.604	
Aspartic acid.....g	0.152		0	1		0.366	0.891	
Glutamic acid.....g	0.506		0	1		1.219	2.965	
Glycine.....g	0.163		0	1		0.393	0.955	
Proline.....g	0.135		0	1		0.325	0.791	
Serine.....g	0.060		0	1		0.145	0.352	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06442

Soup, mushroom barley, canned, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	92.40		0	4	225.46	547.93	
Energy.....kcal	30		0	4	73	178	
Energy.....kj	126			4	306	744	
Protein (N x 6.25).....g	0.77		0	1	1.88	4.57	
Total lipid (fat).....g	0.93		0	1	2.27	5.51	
Ash.....g	1.10		0	4	2.68	6.52	
Carbohydrate, by difference.....g	4.80		0	4	11.71	28.46	
Fiber, total dietary.....g	0.3		0	4	0.7	1.8	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	5		0	1	12	30	
Iron, Fe.....mg	0.21		0	1	0.51	1.25	
Magnesium, Mg.....mg	4		0	4	10	24	
Phosphorus, P.....mg	25		0	4	61	148	
Potassium, K.....mg	38		0	4	93	225	
Sodium, Na.....mg	365		0	4	891	2164	
Zinc, Zn.....mg	0.20		0	4	0.49	1.19	
Copper, Cu.....mg	0.100		0	4	0.244	0.593	
Manganese, Mn.....mg	0.050		0	4	0.122	0.297	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		0	1	0.0	0.0	
Thiamin.....mg	0.010		0	1	0.024	0.059	
Riboflavin.....mg	0.036		0	1	0.088	0.213	
Niacin.....mg	0.360		0	1	0.878	2.135	
Pantothenic acid.....mg	0.050		0	4	0.122	0.297	
Vitamin B-6.....mg	0.070		0	4	0.171	0.415	
Folate, total.....mcg	2		0	4	5	12	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	2		0	4	5	12	
Folate, DFE.....mcg_DFE	2		0	4	5	12	
Vitamin B-12.....mcg	0.00		0	4	0.00	0.00	
Vitamin A, IU.....IU	81		0	1	198	480	
Vitamin A, RE.....mcg_RE	8		0	1	20	47	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.180		0	1	0.439	1.067	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.110		0	1	0.268	0.652	
17:0.....g							
18:0.....g	0.070		0	1	0.171	0.415	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.410		0	1	1.000	2.431	
14:1.....g							
15:1.....g							

NDB No. 06442

Soup, mushroom barley, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.410		0	1		1.000	2.431	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.290		0	1		0.708	1.720	
18:2 undifferentiated.....g	0.280		0	1		0.683	1.660	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.059	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.6**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06443

Soup, cream of mushroom, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06443

Soup, cream of mushroom, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.073	0.178	
17:1.....g								
18:1 undifferentiated.....g	0.660		0	1		1.610	3.914	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.730		0	1		4.221	10.259	
18:2 undifferentiated.....g	1.710		0	1		4.172	10.140	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.059	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	6	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.014		0	1		0.034	0.083	
Threonine.....g	0.037		0	1		0.090	0.219	
Isoleucine.....g	0.046		0	1		0.112	0.273	
Leucine.....g	0.074		0	1		0.181	0.439	
Lysine.....g	0.052		0	1		0.127	0.308	
Methionine.....g	0.018		0	1		0.044	0.107	
Cystine.....g	0.011		0	1		0.027	0.065	
Phenylalanine.....g	0.044		0	1		0.107	0.261	
Tyrosine.....g	0.036		0	1		0.088	0.213	
Valine.....g	0.050		0	1		0.122	0.297	
Arginine.....g	0.039		0	1		0.095	0.231	
Histidine.....g	0.022		0	1		0.054	0.130	
Alanine.....g	0.038		0	1		0.093	0.225	
Aspartic acid.....g	0.066		0	1		0.161	0.391	
Glutamic acid.....g	0.216		0	1		0.527	1.281	
Glycine.....g	0.031		0	1		0.076	0.184	
Proline.....g	0.080		0	1		0.195	0.474	
Serine.....g	0.048		0	1		0.117	0.285	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06444

Soup, mushroom with beef stock, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06444

Soup, mushroom with beef stock, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.098	0.237	
17:1.....g								
18:1 undifferentiated.....g	0.520		0	1		1.269	3.084	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.320		0	1		0.781	1.898	
18:2 undifferentiated.....g	0.280		0	1		0.683	1.660	
18:3 undifferentiated.....g	0.040		0	1		0.098	0.237	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		7	18	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06445

Soup, onion, canned, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	93.06		0	1	224.27	545.33	
Energy.....kcal	24		0	4	58	141	
Energy.....kj	100			4	242	588	
Protein (N x 6.25).....g	1.56		0	1	3.76	9.14	
Total lipid (fat).....g	0.72		0	1	1.74	4.22	
Ash.....g	1.27		0	1	3.06	7.44	
Carbohydrate, by difference.....g	3.39		0	4	8.17	19.87	
Fiber, total dietary.....g	0.4		0	4	1.0	2.3	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	11		0	1	27	64	
Iron, Fe.....mg	0.28		0	1	0.67	1.64	
Magnesium, Mg.....mg	1		0	1	2	6	
Phosphorus, P.....mg	5		0	1	12	29	
Potassium, K.....mg	28		0	1	67	164	
Sodium, Na.....mg	437		0	1	1053	2561	
Zinc, Zn.....mg	0.25		0	1	0.61	1.49	
Copper, Cu.....mg	0.051		0	1	0.123	0.299	
Manganese, Mn.....mg	0.102		0	1	0.246	0.598	
Selenium, Se.....mcg	1.8		0	4	4.3	10.5	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.5		0	1	1.2	2.9	
Thiamin.....mg	0.014		0	1	0.034	0.082	
Riboflavin.....mg	0.010		0	1	0.024	0.059	
Niacin.....mg	0.249		0	1	0.600	1.459	
Pantothenic acid.....mg	0.000		0	4	0.000	0.000	
Vitamin B-6.....mg	0.020		0	1	0.048	0.117	
Folate, total.....mcg	6		0	1	15	37	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	6		0	1	15	37	
Folate, DFE.....mcg_DFE	6		0	4	15	37	
Vitamin B-12.....mcg	0.00		0	1	0.00	0.00	
Vitamin A, IU.....IU	0		0	1	0	0	
Vitamin A, RE.....mcg_RE	0		0	1	0	0	
Vitamin E.....mg_ATE	0.120		0	4	0.289	0.703	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.110		0	1	0.265	0.645	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.070		0	1	0.169	0.410	
17:0.....g							
18:0.....g	0.040		0	1	0.096	0.234	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.310		0	1	0.747	1.817	
14:1.....g							
15:1.....g							

NDB No. 06445

Soup, onion, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.310		0	1		0.747	1.817	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.270		0	1		0.651	1.582	
18:2 undifferentiated.....g	0.250		0	1		0.603	1.465	
18:3 undifferentiated.....g	0.020		0	1		0.048	0.117	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 2.5

Fat 8.5

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06446

Soup, cream of onion, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06446

Soup, cream of onion, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.049	0.119	
17:1.....g								
18:1 undifferentiated.....g	0.840		0	1		2.050	4.981	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.600		0	1		1.464	3.558	
18:2 undifferentiated.....g	0.550		0	1		1.342	3.262	
18:3 undifferentiated.....g	0.040		0	1		0.098	0.237	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	1		15	36	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06448

Soup, oyster stew, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06448

Soup, oyster stew, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.048	0.117	
17:1.....g								
18:1 undifferentiated.....g	0.330		0	1		0.795	1.934	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.070		0	1		0.169	0.410	
18:2 undifferentiated.....g	0.050		0	1		0.121	0.293	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.059	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	6		0	1		14	35	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06449

Soup, pea, green, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06449

Soup, pea, green, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.050	0.121	
17:1.....g								
18:1 undifferentiated.....g	0.370		0	1		0.925	2.246	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.150		0	1		0.375	0.911	
18:2 undifferentiated.....g	0.140		0	1		0.350	0.850	
18:3 undifferentiated.....g	0.020		0	1		0.050	0.121	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.029		0	1		0.073	0.176	
Threonine.....g	0.121		0	1		0.303	0.734	
Isoleucine.....g	0.119		0	1		0.298	0.722	
Leucine.....g	0.249		0	1		0.623	1.511	
Lysine.....g	0.204		0	1		0.510	1.238	
Methionine.....g	0.042		0	1		0.105	0.255	
Cystine.....g	0.032		0	1		0.080	0.194	
Phenylalanine.....g	0.151		0	1		0.378	0.917	
Tyrosine.....g	0.100		0	1		0.250	0.607	
Valine.....g	0.177		0	1		0.443	1.074	
Arginine.....g	0.283		0	1		0.708	1.718	
Histidine.....g	0.068		0	1		0.170	0.413	
Alanine.....g	0.148		0	1		0.370	0.898	
Aspartic acid.....g	0.352		0	1		0.880	2.137	
Glutamic acid.....g	0.647		0	1		1.618	3.927	
Glycine.....g	0.137		0	1		0.343	0.832	
Proline.....g	0.177		0	1		0.443	1.074	
Serine.....g	0.139		0	1		0.348	0.844	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 607.000g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.076	0.184	
17:1.....g								
18:1 undifferentiated.....g	0.660		0	1		1.670	4.052	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.250		0	1		0.633	1.535	
18:2 undifferentiated.....g	0.230		0	1		0.582	1.412	
18:3 undifferentiated.....g	0.020		0	1		0.051	0.123	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		8	18	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.040		0	1		0.101	0.246	
Threonine.....g	0.144		0	1		0.364	0.884	
Isoleucine.....g	0.172		0	1		0.435	1.056	
Leucine.....g	0.281		0	1		0.711	1.725	
Lysine.....g	0.275		0	1		0.696	1.689	
Methionine.....g	0.055		0	1		0.139	0.338	
Cystine.....g	0.053		0	1		0.134	0.325	
Phenylalanine.....g	0.180		0	1		0.455	1.105	
Tyrosine.....g	0.126		0	1		0.319	0.774	
Valine.....g	0.194		0	1		0.491	1.191	
Arginine.....g	0.278		0	1		0.703	1.707	
Histidine.....g	0.085		0	1		0.215	0.522	
Alanine.....g	0.191		0	1		0.483	1.173	
Aspartic acid.....g	0.415		0	1		1.050	2.548	
Glutamic acid.....g	0.691		0	1		1.748	4.243	
Glycine.....g	0.197		0	1		0.498	1.210	
Proline.....g	0.185		0	1		0.468	1.136	
Serine.....g	0.175		0	1		0.443	1.075	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253.000g: 1 cup (8 fl oz)

Measure 2 = 614.000g: 1 can (11.5 oz), prepared

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.070		0	1		0.169	0.410
17:1.....g							
18:1 undifferentiated.....g	0.740		0	1		1.783	4.336
20:1.....g	0.010		0	1		0.024	0.059
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.150		0	1		0.362	0.879
18:2 undifferentiated.....g	0.130		0	1		0.313	0.762
18:3 undifferentiated.....g	0.020		0	1		0.048	0.117
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	4		0	1		10	23
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.017		0	1		0.041	0.100
Threonine.....g	0.081		0	1		0.195	0.475
Isoleucine.....g	0.097		0	1		0.234	0.568
Leucine.....g	0.167		0	1		0.402	0.979
Lysine.....g	0.129		0	1		0.311	0.756
Methionine.....g	0.038		0	1		0.092	0.223
Cystine.....g	0.025		0	1		0.060	0.147
Phenylalanine.....g	0.097		0	1		0.234	0.568
Tyrosine.....g	0.065		0	1		0.157	0.381
Valine.....g	0.124		0	1		0.299	0.727
Arginine.....g	0.205		0	1		0.494	1.201
Histidine.....g	0.038		0	1		0.092	0.223
Alanine.....g	0.194		0	1		0.468	1.137
Aspartic acid.....g	0.231		0	1		0.557	1.354
Glutamic acid.....g	0.468		0	1		1.128	2.742
Glycine.....g	0.350		0	1		0.844	2.051
Proline.....g	0.248		0	1		0.598	1.453
Serine.....g	0.097		0	1		0.234	0.568
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.059	
17:1.....g								
18:1 undifferentiated.....g	0.200		0	1		0.488	1.186	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.170		0	1		0.415	1.008	
18:2 undifferentiated.....g	0.160		0	1		0.390	0.949	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.059	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.010		0	1		0.024	0.059	
Threonine.....g	0.025		0	1		0.061	0.148	
Isoleucine.....g	0.031		0	1		0.076	0.184	
Leucine.....g	0.048		0	1		0.117	0.285	
Lysine.....g	0.034		0	1		0.083	0.202	
Methionine.....g	0.012		0	1		0.029	0.071	
Cystine.....g	0.011		0	1		0.027	0.065	
Phenylalanine.....g	0.034		0	1		0.083	0.202	
Tyrosine.....g	0.025		0	1		0.061	0.148	
Valine.....g	0.038		0	1		0.093	0.225	
Arginine.....g	0.031		0	1		0.076	0.184	
Histidine.....g	0.016		0	1		0.039	0.095	
Alanine.....g	0.022		0	1		0.054	0.130	
Aspartic acid.....g	0.104		0	1		0.254	0.617	
Glutamic acid.....g	0.170		0	1		0.415	1.008	
Glycine.....g	0.022		0	1		0.054	0.130	
Proline.....g	0.053		0	1		0.129	0.314	
Serine.....g	0.034		0	1		0.083	0.202	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06455

Soup, scotch broth, canned, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	91.76		0	1	221.14	537.71	
Energy.....kcal	33		0	4	80	193	
Energy.....kj	138			4	333	809	
Protein (N x 6.25).....g	2.06		0	1	4.96	12.07	
Total lipid (fat).....g	1.09		0	1	2.63	6.39	
Ash.....g	1.17		0	1	2.82	6.86	
Carbohydrate, by difference.....g	3.93		0	4	9.47	23.03	
Fiber, total dietary.....g	0.5		0	4	1.2	2.9	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	6		0	1	14	35	
Iron, Fe.....mg	0.35		0	1	0.84	2.05	
Magnesium, Mg.....mg	2		0	1	5	12	
Phosphorus, P.....mg	23		0	1	55	135	
Potassium, K.....mg	66		0	1	159	387	
Sodium, Na.....mg	420		0	1	1012	2461	
Zinc, Zn.....mg	0.66		0	1	1.59	3.87	
Copper, Cu.....mg	0.102		0	1	0.246	0.598	
Manganese, Mn.....mg	0.152		0	1	0.366	0.891	
Selenium, Se.....mcg	1.8		0	4	4.3	10.5	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.4		0	1	1.0	2.3	
Thiamin.....mg	0.008		0	1	0.019	0.047	
Riboflavin.....mg	0.019		0	1	0.046	0.111	
Niacin.....mg	0.483		0	1	1.164	2.830	
Pantothenic acid.....mg	0.100		0	1	0.241	0.586	
Vitamin B-6.....mg	0.030		0	1	0.072	0.176	
Folate, total.....mcg	4		0	1	10	23	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	4		0	1	10	23	
Folate, DFE.....mcg_DFE	4		0	4	10	23	
Vitamin B-12.....mcg	0.11		0	1	0.27	0.64	
Vitamin A, IU.....IU	904		0	1	2179	5297	
Vitamin A, RE.....mcg_RE	90		0	1	217	527	
Vitamin E.....mg_ATE	0.030		0	4	0.072	0.176	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.460		0	1	1.109	2.696	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.020		0	1	0.048	0.117	
15:0.....g							
16:0.....g	0.210		0	1	0.506	1.231	
17:0.....g							
18:0.....g	0.200		0	1	0.482	1.172	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.320		0	1	0.771	1.875	
14:1.....g							
15:1.....g							

NDB No. 06455

Soup, scotch broth, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.020		0	1		0.048	0.117
17:1.....g							
18:1 undifferentiated.....g	0.290		0	1		0.699	1.699
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.230		0	1		0.554	1.348
18:2 undifferentiated.....g	0.190		0	1		0.458	1.113
18:3 undifferentiated.....g	0.040		0	1		0.096	0.234
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	2		0	1		5	12
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.018		0	1		0.043	0.105
Threonine.....g	0.064		0	1		0.154	0.375
Isoleucine.....g	0.077		0	1		0.186	0.451
Leucine.....g	0.131		0	1		0.316	0.768
Lysine.....g	0.126		0	1		0.304	0.738
Methionine.....g	0.035		0	1		0.084	0.205
Cystine.....g	0.014		0	1		0.034	0.082
Phenylalanine.....g	0.075		0	1		0.181	0.440
Tyrosine.....g	0.053		0	1		0.128	0.311
Valine.....g	0.090		0	1		0.217	0.527
Arginine.....g	0.096		0	1		0.231	0.563
Histidine.....g	0.045		0	1		0.108	0.264
Alanine.....g	0.117		0	1		0.282	0.686
Aspartic acid.....g	0.172		0	1		0.415	1.008
Glutamic acid.....g	0.516		0	1		1.244	3.024
Glycine.....g	0.129		0	1		0.311	0.756
Proline.....g	0.117		0	1		0.282	0.686
Serine.....g	0.071		0	1		0.171	0.416
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06456

Soup, cream of shrimp, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06456

Soup, cream of shrimp, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		0	1		0.122	0.297	
17:1.....g								
18:1 undifferentiated.....g	0.540		0	1		1.318	3.202	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.080		0	1		0.195	0.474	
18:2 undifferentiated.....g	0.050		0	1		0.122	0.297	
18:3 undifferentiated.....g	0.030		0	1		0.073	0.178	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	7		0	1		17	42	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06460

Soup, stockpot, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06460

Soup, stockpot, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.060	
17:1.....g								
18:1 undifferentiated.....g	0.390		0	1		0.963	2.340	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.710		0	1		1.754	4.260	
18:2 undifferentiated.....g	0.650		0	1		1.606	3.900	
18:3 undifferentiated.....g	0.050		0	1		0.124	0.300	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.017		0	1		0.042	0.102	
Threonine.....g	0.061		0	1		0.151	0.366	
Isoleucine.....g	0.074		0	1		0.183	0.444	
Leucine.....g	0.126		0	1		0.311	0.756	
Lysine.....g	0.121		0	1		0.299	0.726	
Methionine.....g	0.033		0	1		0.082	0.198	
Cystine.....g	0.014		0	1		0.035	0.084	
Phenylalanine.....g	0.072		0	1		0.178	0.432	
Tyrosine.....g	0.051		0	1		0.126	0.306	
Valine.....g	0.087		0	1		0.215	0.522	
Arginine.....g	0.092		0	1		0.227	0.552	
Histidine.....g	0.044		0	1		0.109	0.264	
Alanine.....g	0.112		0	1		0.277	0.672	
Aspartic acid.....g	0.166		0	1		0.410	0.996	
Glutamic acid.....g	0.496		0	1		1.225	2.976	
Glycine.....g	0.124		0	1		0.306	0.744	
Proline.....g	0.113		0	1		0.279	0.678	
Serine.....g	0.068		0	1		0.168	0.408	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247.000g: 1 cup (8 fl oz)

Measure 2 = 600.000g: 1 can (11 oz), prepared

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06461

Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06461

Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		0	1		0.122	0.297	
17:1.....g								
18:1 undifferentiated.....g	0.620		0	1		1.513	3.677	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.280		0	1		0.683	1.660	
18:2 undifferentiated.....g	0.240		0	1		0.586	1.423	
18:3 undifferentiated.....g	0.040		0	1		0.098	0.237	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.017		0	1		0.041	0.101	
Threonine.....g	0.059		0	1		0.144	0.350	
Isoleucine.....g	0.070		0	1		0.171	0.415	
Leucine.....g	0.119		0	1		0.290	0.706	
Lysine.....g	0.099		0	1		0.242	0.587	
Methionine.....g	0.034		0	1		0.083	0.202	
Cystine.....g	0.022		0	1		0.054	0.130	
Phenylalanine.....g	0.074		0	1		0.181	0.439	
Tyrosine.....g	0.047		0	1		0.115	0.279	
Valine.....g	0.079		0	1		0.193	0.468	
Arginine.....g	0.075		0	1		0.183	0.445	
Histidine.....g	0.042		0	1		0.102	0.249	
Alanine.....g	0.084		0	1		0.205	0.498	
Aspartic acid.....g	0.134		0	1		0.327	0.795	
Glutamic acid.....g	0.504		0	1		1.230	2.989	
Glycine.....g	0.085		0	1		0.207	0.504	
Proline.....g	0.118		0	1		0.288	0.700	
Serine.....g	0.065		0	1		0.159	0.385	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06463

Soup, tomato rice, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06463

Soup, tomato rice, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.060	
17:1.....g								
18:1 undifferentiated.....g	0.240		0	1		0.593	1.440	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.550		0	1		1.359	3.300	
18:2 undifferentiated.....g	0.450		0	1		1.112	2.700	
18:3 undifferentiated.....g	0.090		0	1		0.222	0.540	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	6	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247.000g: 1 cup

Measure 2 = 600.000g: 1 can (11 oz), prepared

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06465

Soup, turkey noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06465

Soup, turkey noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		0	1		0.122	0.015	0.297
17:1.....g								
18:1 undifferentiated.....g	0.280		0	1		0.683	0.085	1.660
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.200		0	1		0.488	0.061	1.186
18:2 undifferentiated.....g	0.190		0	1		0.464	0.058	1.127
18:3 undifferentiated.....g	0.010		0	1		0.024	0.003	0.059
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	1	12
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.015		0	1		0.037	0.005	0.089
Threonine.....g	0.051		0	1		0.124	0.016	0.302
Isoleucine.....g	0.062		0	1		0.151	0.019	0.368
Leucine.....g	0.104		0	1		0.254	0.032	0.617
Lysine.....g	0.087		0	1		0.212	0.027	0.516
Methionine.....g	0.030		0	1		0.073	0.009	0.178
Cystine.....g	0.019		0	1		0.046	0.006	0.113
Phenylalanine.....g	0.064		0	1		0.156	0.020	0.380
Tyrosine.....g	0.042		0	1		0.102	0.013	0.249
Valine.....g	0.069		0	1		0.168	0.021	0.409
Arginine.....g	0.065		0	1		0.159	0.020	0.385
Histidine.....g	0.037		0	1		0.090	0.011	0.219
Alanine.....g	0.074		0	1		0.181	0.023	0.439
Aspartic acid.....g	0.117		0	1		0.285	0.036	0.694
Glutamic acid.....g	0.442		0	1		1.078	0.135	2.621
Glycine.....g	0.075		0	1		0.183	0.023	0.445
Proline.....g	0.103		0	1		0.251	0.031	0.611
Serine.....g	0.058		0	1		0.142	0.018	0.344
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.1**Fat** 8.9**Carbohydrate** 4.1**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06466

Soup, turkey vegetable, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06466

Soup, turkey vegetable, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	
						Measure 3		
16:1 undifferentiated.....g	0.070		0	1		0.169	0.021	0.410
17:1.....g								
18:1 undifferentiated.....g	0.460		0	1		1.109	0.138	2.696
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.280		0	1		0.675	0.084	1.641
18:2 undifferentiated.....g	0.260		0	1		0.627	0.078	1.524
18:3 undifferentiated.....g	0.020		0	1		0.048	0.006	0.117
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	0	6
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.011		0	1		0.027	0.003	0.064
Threonine.....g	0.040		0	1		0.096	0.012	0.234
Isoleucine.....g	0.048		0	1		0.116	0.014	0.281
Leucine.....g	0.082		0	1		0.198	0.025	0.481
Lysine.....g	0.079		0	1		0.190	0.024	0.463
Methionine.....g	0.022		0	1		0.053	0.007	0.129
Cystine.....g	0.009		0	1		0.022	0.003	0.053
Phenylalanine.....g	0.047		0	1		0.113	0.014	0.275
Tyrosine.....g	0.034		0	1		0.082	0.010	0.199
Valine.....g	0.056		0	1		0.135	0.017	0.328
Arginine.....g	0.060		0	1		0.145	0.018	0.352
Histidine.....g	0.028		0	1		0.067	0.008	0.164
Alanine.....g	0.073		0	1		0.176	0.022	0.428
Aspartic acid.....g	0.108		0	1		0.260	0.033	0.633
Glutamic acid.....g	0.322		0	1		0.776	0.097	1.887
Glycine.....g	0.080		0	1		0.193	0.024	0.469
Proline.....g	0.073		0	1		0.176	0.022	0.428
Serine.....g	0.044		0	1		0.106	0.013	0.258
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 30.100g: 1 fl oz

Measure 3 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06468

Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	92.33		0	1	222.52	541.05	
Energy.....kcal	30		0	4	72	176	
Energy.....kj	126			4	303	736	
Protein (N x 6.25).....g	0.87		0	1	2.10	5.10	
Total lipid (fat).....g	0.80		0	1	1.93	4.69	
Ash.....g	1.03		0	1	2.48	6.04	
Carbohydrate, by difference.....g	4.97		0	4	11.98	29.12	
Fiber, total dietary.....g	0.2		0	4	0.5	1.2	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	9		0	1	22	53	
Iron, Fe.....mg	0.45		0	1	1.08	2.64	
Magnesium, Mg.....mg	3		0	1	7	18	
Phosphorus, P.....mg	14		0	1	34	82	
Potassium, K.....mg	87		0	1	210	510	
Sodium, Na.....mg	341		0	1	822	1998	
Zinc, Zn.....mg	0.19		0	1	0.46	1.12	
Copper, Cu.....mg	0.051		0	1	0.123	0.299	
Manganese, Mn.....mg	0.191		0	1	0.460	1.119	
Selenium, Se.....mcg	1.8	0.231	3	1	4.3	10.5	
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.6		0	1	1.4	3.5	
Thiamin.....mg	0.022		0	1	0.053	0.129	
Riboflavin.....mg	0.019		0	1	0.046	0.111	
Niacin.....mg	0.380		0	1	0.916	2.227	
Pantothenic acid.....mg	0.140		0	4	0.337	0.820	
Vitamin B-6.....mg	0.023		0	1	0.055	0.135	
Folate, total.....mcg	4		0	1	11	26	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	4		0	1	11	26	
Folate, DFE.....mcg_DFE	4		0	4	11	26	
Vitamin B-12.....mcg	0.00		0	1	0.00	0.00	
Vitamin A, IU.....IU	1247		0	1	3005	7307	
Vitamin A, RE.....mcg_RE	125		0	1	301	733	
Vitamin E.....mg_ATE	0.330		0	1	0.795	1.934	
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.120		0	1	0.289	0.703	
4:0.....g	0.000		0	1	0.000	0.000	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.000		0	1	0.000	0.000	
13:0.....g							
14:0.....g	0.000		0	1	0.000	0.000	
15:0.....g							
16:0.....g	0.080		0	1	0.193	0.469	
17:0.....g							
18:0.....g	0.040		0	1	0.096	0.234	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.340		0	1	0.819	1.992	
14:1.....g							
15:1.....g							

NDB No. 06468

Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.340		0	1		0.819	1.992	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.300		0	1		0.723	1.758	
18:2 undifferentiated.....g	0.280		0	1		0.675	1.641	
18:3 undifferentiated.....g	0.020		0	1		0.048	0.117	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.006		0	1		0.014	0.035	
Threonine.....g	0.031		0	1		0.075	0.182	
Isoleucine.....g	0.041		0	1		0.099	0.240	
Leucine.....g	0.061		0	1		0.147	0.357	
Lysine.....g	0.041		0	1		0.099	0.240	
Methionine.....g	0.010		0	1		0.024	0.059	
Cystine.....g	0.010		0	1		0.024	0.059	
Phenylalanine.....g	0.041		0	1		0.099	0.240	
Tyrosine.....g	0.020		0	1		0.048	0.117	
Valine.....g	0.041		0	1		0.099	0.240	
Arginine.....g	0.041		0	1		0.099	0.240	
Histidine.....g	0.020		0	1		0.048	0.117	
Alanine.....g	0.041		0	1		0.099	0.240	
Aspartic acid.....g	0.082		0	1		0.198	0.481	
Glutamic acid.....g	0.185		0	1		0.446	1.084	
Glycine.....g	0.031		0	1		0.075	0.182	
Proline.....g	0.061		0	1		0.147	0.357	
Serine.....g	0.031		0	1		0.075	0.182	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 2.5**Fat** 8.5**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06471

Soup, vegetable beef, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06471

Soup, vegetable beef, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.073	0.178	
17:1.....g								
18:1 undifferentiated.....g	0.290		0	1		0.708	1.720	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.050		0	1		0.122	0.297	
18:2 undifferentiated.....g	0.040		0	1		0.098	0.237	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.059	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.020		0	1		0.049	0.119	
Threonine.....g	0.071		0	1		0.173	0.421	
Isoleucine.....g	0.086		0	1		0.210	0.510	
Leucine.....g	0.147		0	1		0.359	0.872	
Lysine.....g	0.141		0	1		0.344	0.836	
Methionine.....g	0.039		0	1		0.095	0.231	
Cystine.....g	0.016		0	1		0.039	0.095	
Phenylalanine.....g	0.084		0	1		0.205	0.498	
Tyrosine.....g	0.060		0	1		0.146	0.356	
Valine.....g	0.101		0	1		0.246	0.599	
Arginine.....g	0.107		0	1		0.261	0.635	
Histidine.....g	0.050		0	1		0.122	0.297	
Alanine.....g	0.130		0	1		0.317	0.771	
Aspartic acid.....g	0.193		0	1		0.471	1.144	
Glutamic acid.....g	0.576		0	1		1.405	3.416	
Glycine.....g	0.144		0	1		0.351	0.854	
Proline.....g	0.131		0	1		0.320	0.777	
Serine.....g	0.079		0	1		0.193	0.468	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06472

Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06472

Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2
						Measure 3	
16:1 undifferentiated.....g	0.010		0	1		0.024	0.059
17:1.....g							
18:1 undifferentiated.....g	0.220		0	1		0.530	1.289
20:1.....g	0.000		0	1		0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.330		0	1		0.795	1.934
18:2 undifferentiated.....g	0.280		0	1		0.675	1.641
18:3 undifferentiated.....g	0.050		0	1		0.121	0.293
18:4.....g	0.000		0	1		0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000
22:2.....g							
22:5 n-3.....g	0.000		0	1		0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	1		0	1		2	6
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.009		0	1		0.022	0.053
Threonine.....g	0.030		0	1		0.072	0.176
Isoleucine.....g	0.038		0	1		0.092	0.223
Leucine.....g	0.068		0	1		0.164	0.398
Lysine.....g	0.052		0	1		0.125	0.305
Methionine.....g	0.013		0	1		0.031	0.076
Cystine.....g	0.010		0	1		0.024	0.059
Phenylalanine.....g	0.044		0	1		0.106	0.258
Tyrosine.....g	0.024		0	1		0.058	0.141
Valine.....g	0.052		0	1		0.125	0.305
Arginine.....g	0.057		0	1		0.137	0.334
Histidine.....g	0.021		0	1		0.051	0.123
Alanine.....g	0.071		0	1		0.171	0.416
Aspartic acid.....g	0.105		0	1		0.253	0.615
Glutamic acid.....g	0.352		0	1		0.848	2.063
Glycine.....g	0.113		0	1		0.272	0.662
Proline.....g	0.094		0	1		0.227	0.551
Serine.....g	0.042		0	1		0.101	0.246
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup (8 fl oz)

Measure 2 = 586.000g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06473

Soup, cream of asparagus, dehydrated, prepared with water

Refuse: 0%

NDB No. 06473

Soup, cream of asparagus, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.290		0	1		0.727	3.273	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.260		0	1		0.652	2.934	
18:2 undifferentiated.....g	0.240		0	1		0.602	2.708	
18:3 undifferentiated.....g	0.020		0	1		0.050	0.226	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.800g: 1 cup (8 fl oz)

Measure 2 = 1128.500g: 1 packet

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06474

Soup, bean with bacon, dehydrated, prepared with water

Refuse: 0%

NDB No. 06474

Soup, bean with bacon, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.079	0.010	
17:1.....g								
18:1 undifferentiated.....g	0.310		0	1		0.821	0.103	
20:1.....g	0.010		0	1		0.026	0.003	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.060		0	1		0.159	0.020	
18:2 undifferentiated.....g	0.050		0	1		0.132	0.017	
18:3 undifferentiated.....g	0.010		0	1		0.026	0.003	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 264.900g: 1 cup (8 fl oz)

Measure 2 = 33.100g: 1 fl oz

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06475

Soup, beef broth or bouillon, powder, prepared with water

Refuse: 0%

NDB No. 06475

Soup, beef broth or bouillon, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.012		0	1		0.029	0.004	0.022
17:1.....g								
18:1 undifferentiated.....g	0.105		0	1		0.256	0.032	0.192
20:1.....g	0.001		0	1		0.002	0.000	0.002
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.011		0	1		0.027	0.003	0.020
18:2 undifferentiated.....g	0.009		0	1		0.022	0.003	0.016
18:3 undifferentiated.....g	0.002		0	1		0.005	0.001	0.004
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 30.500g: 1 fl oz (prepared)

Measure 3 = 183.000g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06476

Soup, beef broth, cubed, prepared with water

Refuse: 0%

NDB No. 06476

Soup, beef broth, cubed, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.030		0	1		0.072	0.009	0.054
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.000		0	1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.300g: 1 cup (8 fl oz)

Measure 2 = 30.200g: 1 fl oz

Measure 3 = 181.000g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06477

Soup, beef noodle, dehydrated, prepared with water

Refuse: 0%

NDB No. 06477

Soup, beef noodle, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.003	0.019
17:1.....g								
18:1 undifferentiated.....g	0.130		0	1		0.326	0.041	0.243
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.070		0	1		0.176	0.022	0.131
18:2 undifferentiated.....g	0.060		0	1		0.151	0.019	0.112
18:3 undifferentiated.....g	0.010		0	1		0.025	0.003	0.019
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	0	2
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 31.400g: 1 fl oz

Measure 3 = 187.000g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06478

Soup, cauliflower, dehydrated, prepared with water

Refuse: 0%

NDB No. 06478

Soup, cauliflower, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000		
17:1.....g								
18:1 undifferentiated.....g	0.290		0	1		0.743		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.250		0	1		0.640		
18:2 undifferentiated.....g	0.230		0	1		0.589		
18:3 undifferentiated.....g	0.020		0	1		0.051		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256.100g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06479

Soup, cream of celery, dehydrated, prepared with water

Refuse: 0%

NDB No. 06479

Soup, cream of celery, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000		
17:1.....g								
18:1 undifferentiated.....g	0.270		0	1		0.686		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.240		0	1		0.610		
18:2 undifferentiated.....g	0.220		0	1		0.559		
18:3 undifferentiated.....g	0.020		0	1		0.051		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254.000g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06480

Soup, chicken broth or bouillon, dehydrated, prepared with water

Refuse: 0%

NDB No. 06480

Soup, chicken broth or bouillon, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.049	0.006	0.037
17:1.....g								
18:1 undifferentiated.....g	0.150		0	1		0.366	0.046	0.275
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.150		0	1		0.366	0.046	0.275
18:2 undifferentiated.....g	0.140		0	1		0.342	0.043	0.256
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 183.000g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06481

Soup, chicken broth cubes, dehydrated, prepared with water

Refuse: 0%

NDB No. 06481

Soup, chicken broth cubes, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.018	
17:1.....g								
18:1 undifferentiated.....g	0.040		0	1		0.097	0.073	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.040		0	1		0.097	0.073	
18:2 undifferentiated.....g	0.040		0	1		0.097	0.073	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243.000g: 1 cup (8 fl oz)

Measure 2 = 182.000g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4.2**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06483

Soup, cream of chicken, dehydrated, prepared with water

Refuse: 0%

NDB No. 06483

Soup, cream of chicken, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.104	0.013	0.078
17:1.....g								
18:1 undifferentiated.....g	0.410		0	1		1.071	0.134	0.803
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.160		0	1		0.418	0.052	0.313
18:2 undifferentiated.....g	0.160		0	1		0.418	0.052	0.313
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	0	2
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261.100g: 1 cup (8 fl oz)

Measure 2 = 32.600g: 1 fl oz

Measure 3 = 195.800g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06485

Soup, chicken rice, dehydrated, prepared with water

Refuse: 0%

NDB No. 06485

Soup, chicken rice, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.048	0.006	0.038
17:1.....g								
18:1 undifferentiated.....g	0.230		0	1		0.552	0.069	0.437
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.170		0	1		0.408	0.051	0.323
18:2 undifferentiated.....g	0.160		0	1		0.384	0.048	0.304
18:3 undifferentiated.....g	0.010		0	1		0.024	0.003	0.019
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	0	2
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 30.000g: 1 fl oz

Measure 3 = 190.000g: 1 packet, prepared

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06486

Soup, chicken vegetable, dehydrated, prepared with water

Refuse: 0%

NDB No. 06486

Soup, chicken vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.019	
17:1.....g								
18:1 undifferentiated.....g	0.110		0	1		0.276	0.207	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.060		0	1		0.150	0.113	
18:2 undifferentiated.....g	0.060		0	1		0.150	0.113	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	2	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.700g: 1 cup (8 fl oz)

Measure 2 = 188.000g: 1 packet (6 fl oz)

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06489

Soup, consomme with gelatin, dehydrated, prepared with water

Refuse: 0%

NDB No. 06489

Soup, consomme with gelatin, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	7		0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.000		0	7		0.000	0.000	0.000
20:1.....g	0.000		0	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	7		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.000		0	1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	7		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	7		0.000	0.000	0.000
18:4.....g	0.000		0	7		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	7		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	7		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	7		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	4		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249.000g: 1 cup (8 fl oz)

Measure 2 = 31.100g: 1 fl oz

Measure 3 = 1121.000g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06490

Soup, leek, dehydrated, prepared with water

Refuse: 0%

NDB No. 06490

Soup, leek, dehydrated, prepared with water

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.076	0.076	0.343
17:1.....g								
18:1 undifferentiated.....g	0.290		0	1		0.737	0.736	3.313
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.030		0	1		0.076	0.076	0.343
18:2 undifferentiated.....g	0.030		0	1		0.076	0.076	0.343
18:3 undifferentiated.....g	0.010		0	1		0.025	0.025	0.114
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	3	11
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254.000g: 1 cup

Measure 2 = 253.900g: 1 cup (8 fl oz)

Measure 3 = 1142.500g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06492

Soup, minestrone, dehydrated, prepared with water

Refuse: 0%

NDB No. 06492

Soup, minestrone, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030		0	1		0.076	0.343	
17:1.....g								
18:1 undifferentiated.....g	0.250		0	1		0.635	2.856	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.040		0	1		0.102	0.457	
18:2 undifferentiated.....g	0.030		0	1		0.076	0.343	
18:3 undifferentiated.....g	0.010		0	1		0.025	0.114	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	11	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253.900g: 1 cup (8 fl oz)

Measure 2 = 1142.500g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06493

Soup, mushroom, dehydrated, prepared with water

Refuse: 0%

NDB No. 06493

Soup, mushroom, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.860		0	1		2.176	1.668	
20:1.....g	0.020		0	1		0.051	0.039	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.610		0	1		1.543	1.183	
18:2 undifferentiated.....g	0.610		0	1		1.543	1.183	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253.000g: 1 cup

Measure 2 = 194.000g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06494

Soup, onion, dehydrated, prepared with water

Refuse: 0%

NDB No. 06494

Soup, onion, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.130		0	1		0.320	0.239	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.030		0	1		0.074	0.055	
18:2 undifferentiated.....g	0.030		0	1		0.074	0.055	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 184.000g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 2.5

Fat 8.5

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06495

Soup, oxtail, dehydrated, prepared with water

Refuse: 0%

NDB No. 06495

Soup, oxtail, dehydrated, prepared with water

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.040		0	1		0.098	0.101	0.012
17:1.....g								
18:1 undifferentiated.....g	0.360		0	1		0.878	0.911	0.110
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.040		0	1		0.098	0.101	0.012
18:2 undifferentiated.....g	0.030		0	1		0.073	0.076	0.009
18:3 undifferentiated.....g	0.010		0	1		0.024	0.025	0.003
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		2	3	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 253.100g: 1 cup (8 fl oz)

Measure 3 = 30.500g: 1 fl oz

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06496

Soup, pea, green, mix, dehydrated, prepared with water

Refuse: 0%

NDB No. 06496

Soup, pea, green, mix, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.270		0	1		0.732	0.556	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.110		0	1		0.298	0.227	
18:2 undifferentiated.....g	0.090		0	1		0.244	0.185	
18:3 undifferentiated.....g	0.020		0	1		0.054	0.041	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		3	2	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 271.000g: 1 cup

Measure 2 = 206.000g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06498

Soup, tomato, dehydrated, prepared with water

Refuse: 0%

NDB No. 06498

Soup, tomato, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.053	0.040	
17:1.....g								
18:1 undifferentiated.....g	0.320		0	1		0.848	0.637	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.090		0	1		0.239	0.179	
18:2 undifferentiated.....g	0.090		0	1		0.239	0.179	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265.000g: 1 cup

Measure 2 = 199.000g: 1 packet, prepared

Calories Factors: Protein 2.8

Fat 8.7

Carbohydrate 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06499

Soup, tomato vegetable, dehydrated, prepared with water

Refuse: 0%

NDB No. 06499

Soup, tomato vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.024	0.025	0.019
17:1.....g								
18:1 undifferentiated.....g	0.120		0	1		0.289	0.304	0.227
20:1.....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.030		0	1		0.072	0.076	0.057
18:2 undifferentiated.....g	0.030		0	1		0.072	0.076	0.057
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
18:4.....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241.000g: 1 cup

Measure 2 = 253.000g: 1 cup (8 fl oz)

Measure 3 = 189.000g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06500

Soup, vegetable beef, dehydrated, prepared with water

Refuse: 0%

NDB No. 06500

Soup, vegetable beef, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.020		0	1		0.051	0.228	
17:1.....g								
18:1 undifferentiated.....g	0.160		0	1		0.405	1.822	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.020		0	1		0.051	0.228	
18:2 undifferentiated.....g	0.010		0	1		0.025	0.114	
18:3 undifferentiated.....g	0.000		0	1		0.000	0.000	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253.000g: 1 cup

Measure 2 = 1138.900g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06501

Soup, cream of vegetable, dehydrated, prepared with water

Refuse: 0%

NDB No. 06501

Soup, cream of vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.980		0	1		2.549	1.912	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.570		0	1		1.483	1.112	
18:2 undifferentiated.....g	0.540		0	1		1.405	1.054	
18:3 undifferentiated.....g	0.040		0	1		0.104	0.078	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260.100g: 1 cup (8 fl oz)

Measure 2 = 195.100g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06528

Soup, chicken noodle, dehydrated, prepared with water

Refuse: 0%

NDB No. 06528

Soup, chicken noodle, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.016		0	4		0.038	0.040	0.030
17:1.....g								
18:1 undifferentiated.....g	0.186		0	4		0.446	0.469	0.351
20:1.....g	0.002		0	4		0.005	0.005	0.004
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.155		0	4		0.372	0.391	0.292
18:2 undifferentiated.....g	0.142		0	4		0.341	0.358	0.268
18:3 undifferentiated.....g	0.008		0	4		0.019	0.020	0.015
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0	4		0.005	0.005	0.004
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.001		0	4		0.002	0.003	0.002
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	4		10	10	8
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 252.300g: 1 cup (8 fl oz)

Measure 3 = 188.500g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06547

Soup, beef mushroom, canned, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	92.60		0	4	225.94	549.12	
Energy.....kcal	30		0	4	73	178	
Energy.....kj	126			4	306	744	
Protein (N x 6.25).....g	2.37		0	1	5.78	14.05	
Total lipid (fat).....g	1.23		0	1	3.00	7.29	
Ash.....g	1.20		0	4	2.93	7.12	
Carbohydrate, by difference.....g	2.60		0	4	6.34	15.42	
Fiber, total dietary.....g	0.1		0	4	0.2	0.6	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	2		0	1	5	12	
Iron, Fe.....mg	0.36		0	1	0.88	2.13	
Magnesium, Mg.....mg	4		0	4	10	24	
Phosphorus, P.....mg	14		0	4	34	83	
Potassium, K.....mg	63		0	4	154	374	
Sodium, Na.....mg	386		0	4	942	2289	
Zinc, Zn.....mg	0.60		0	4	1.46	3.56	
Copper, Cu.....mg	0.100		0	4	0.244	0.593	
Manganese, Mn.....mg	0.200		0	4	0.488	1.186	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	1.9		0	1	4.6	11.3	
Thiamin.....mg	0.016		0	1	0.039	0.095	
Riboflavin.....mg	0.023		0	1	0.056	0.136	
Niacin.....mg	0.391		0	1	0.954	2.319	
Pantothenic acid.....mg	0.090		0	4	0.220	0.534	
Vitamin B-6.....mg	0.020		0	4	0.049	0.119	
Folate, total.....mcg	4		0	4	10	24	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	4		0	4	10	24	
Folate, DFE.....mcg_DFE	4		0	4	10	24	
Vitamin B-12.....mcg	0.08		0	4	0.20	0.47	
Vitamin A, IU.....IU	0		0	1	0	0	
Vitamin A, RE.....mcg_RE	0		0	1	0	0	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.610		0	1	1.488	3.617	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
11:0.....g							
12:0.....g	0.010		0	1	0.024	0.059	
13:0.....g							
14:0.....g	0.050		0	1	0.122	0.297	
15:0.....g							
16:0.....g	0.310		0	1	0.756	1.838	
17:0.....g							
18:0.....g	0.230		0	1	0.561	1.364	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.510		0	1	1.244	3.024	
14:1.....g							
15:1.....g							

NDB No. 06547

Soup, beef mushroom, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.050		0	1		0.122	0.297	
17:1.....g								
18:1 undifferentiated.....g	0.440		0	1		1.074	2.609	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.050		0	1		0.122	0.297	
18:2 undifferentiated.....g	0.040		0	1		0.098	0.237	
18:3 undifferentiated.....g	0.010		0	1		0.024	0.059	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	3		0	1		7	18	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8**Fat** 9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06549

Soup, chicken mushroom, canned, prepared with equal volume water, commercial**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code		
					Measure 1	Measure 2	Measure 3
Proximates:							
Water.....g	90.00		0	4	219.60	533.70	
Energy.....kcal	54		0	4	132	320	
Energy.....kj	226			4	551	1340	
Protein (N x 6.25).....g	1.80		0	1	4.39	10.67	
Total lipid (fat).....g	3.75		0	1	9.15	22.24	
Ash.....g	0.60		0	4	1.46	3.56	
Carbohydrate, by difference.....g	3.80		0	4	9.27	22.53	
Fiber, total dietary.....g	0.1		0	4	0.2	0.6	
Sugars, total.....g							
Starch.....g							
Minerals:							
Calcium, Ca.....mg	12		0	1	29	71	
Iron, Fe.....mg	0.36		0	1	0.88	2.13	
Magnesium, Mg.....mg	4		0	4	10	24	
Phosphorus, P.....mg	11		0	4	27	65	
Potassium, K.....mg	63		0	4	154	374	
Sodium, Na.....mg	386		0	4	942	2289	
Zinc, Zn.....mg	0.40		0	4	0.98	2.37	
Copper, Cu.....mg	0.100		0	4	0.244	0.593	
Manganese, Mn.....mg	0.100		0	4	0.244	0.593	
Selenium, Se.....mcg							
Vitamins:							
Vitamin C, total ascorbic acid.....mg	0.0		0	1	0.0	0.0	
Thiamin.....mg	0.010		0	1	0.024	0.059	
Riboflavin.....mg	0.046		0	1	0.112	0.273	
Niacin.....mg	0.668		0	1	1.630	3.961	
Pantothenic acid.....mg	0.100		0	4	0.244	0.593	
Vitamin B-6.....mg	0.020		0	4	0.049	0.119	
Folate, total.....mcg	0		0	4	0	1	
Folic acid.....mcg	0		0	7	0	0	
Folate, food.....mcg	0		0	4	0	1	
Folate, DFE.....mcg_DFE	0		0	4	0	1	
Vitamin B-12.....mcg	0.02		0	4	0.05	0.12	
Vitamin A, IU.....IU	465		0	1	1135	2757	
Vitamin A, RE.....mcg_RE	46		0	1	112	273	
Vitamin E.....mg_ATE							
Vitamin D.....IU							
Lipids:							
Fatty acids, total saturated.....g	0.980		0	1	2.391	5.811	
4:0.....g	0.010		0	1	0.024	0.059	
6:0.....g	0.000		0	1	0.000	0.000	
8:0.....g	0.000		0	1	0.000	0.000	
10:0.....g	0.000		0	1	0.000	0.000	
11:0.....g							
12:0.....g	0.010		0	1	0.024	0.059	
13:0.....g							
14:0.....g	0.040		0	1	0.098	0.237	
15:0.....g							
16:0.....g	0.640		0	1	1.562	3.795	
17:0.....g							
18:0.....g	0.260		0	1	0.634	1.542	
19:0.....g							
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.650		0	1	4.026	9.785	
14:1.....g							
15:1.....g							

NDB No. 06549

Soup, chicken mushroom, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.100		0	1		0.244	0.593	
17:1.....g								
18:1 undifferentiated.....g	1.510		0	1		3.684	8.954	
20:1.....g	0.020		0	1		0.049	0.119	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.950		0	1		2.318	5.634	
18:2 undifferentiated.....g	0.900		0	1		2.196	5.337	
18:3 undifferentiated.....g	0.040		0	1		0.098	0.237	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		0	1		10	24	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4**Fat** 9**Carbohydrate** 4.2**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		0	1		0.025	0.060	
17:1.....g								
18:1 undifferentiated.....g	0.270		0	1		0.667	1.620	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.450		0	1		1.112	2.700	
18:2 undifferentiated.....g	0.390		0	1		0.963	2.340	
18:3 undifferentiated.....g	0.060		0	1		0.148	0.360	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:2.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	1		5	12	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.009		0	1		0.022	0.054	
Threonine.....g	0.027		0	1		0.067	0.162	
Isoleucine.....g	0.031		0	1		0.077	0.186	
Leucine.....g	0.051		0	1		0.126	0.306	
Lysine.....g	0.036		0	1		0.089	0.216	
Methionine.....g	0.012		0	1		0.030	0.072	
Cystine.....g	0.010		0	1		0.025	0.060	
Phenylalanine.....g	0.031		0	1		0.077	0.186	
Tyrosine.....g	0.024		0	1		0.059	0.144	
Valine.....g	0.035		0	1		0.086	0.210	
Arginine.....g	0.027		0	1		0.067	0.162	
Histidine.....g	0.018		0	1		0.044	0.108	
Alanine.....g	0.026		0	1		0.064	0.156	
Aspartic acid.....g	0.080		0	1		0.198	0.480	
Glutamic acid.....g	0.315		0	1		0.778	1.890	
Glycine.....g	0.021		0	1		0.052	0.126	
Proline.....g	0.056		0	1		0.138	0.336	
Serine.....g	0.036		0	1		0.089	0.216	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247.000g: 1 cup (8 fl oz)

Measure 2 = 600.000g: 1 can (11 oz), prepared

Calories Factors: Protein 3.9**Fat** 8.8**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Refuse: 0%

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	0.170		0	1		0.415	1.008	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.390		0	1		0.952	2.313	
18:2 undifferentiated.....g	0.320		0	1		0.781	1.898	
18:3 undifferentiated.....g	0.070		0	1		0.171	0.415	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3.....g	0.000		0	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	1		0.000	0.000	
22:6 n-3.....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.008		0	1		0.020	0.047	
Threonine.....g	0.021		0	1		0.051	0.125	
Isoleucine.....g	0.024		0	1		0.059	0.142	
Leucine.....g	0.041		0	1		0.100	0.243	
Lysine.....g	0.021		0	1		0.051	0.125	
Methionine.....g	0.009		0	1		0.022	0.053	
Cystine.....g	0.011		0	1		0.027	0.065	
Phenylalanine.....g	0.029		0	1		0.071	0.172	
Tyrosine.....g	0.017		0	1		0.041	0.101	
Valine.....g	0.027		0	1		0.066	0.160	
Arginine.....g	0.025		0	1		0.061	0.148	
Histidine.....g	0.015		0	1		0.037	0.089	
Alanine.....g	0.023		0	1		0.056	0.136	
Aspartic acid.....g	0.066		0	1		0.161	0.391	
Glutamic acid.....g	0.317		0	1		0.773	1.880	
Glycine.....g	0.022		0	1		0.054	0.130	
Proline.....g	0.055		0	1		0.134	0.326	
Serine.....g	0.032		0	1		0.078	0.190	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244.000g: 1 cup (8 fl oz)

Measure 2 = 593.000g: 1 can (10.75 oz), prepared

Calories Factors: Protein 2.8**Fat** 8.7**Carbohydrate** 3.8**Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06561

Gravy, NESTLE, TRIO Brown Gravy Mix, dry

Refuse: 0%

NDB No. 06561

Gravy, NESTLE, TRIO Brown Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	2.527		0	4		0.152	0.152	11.447
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.649		0	4		0.459	0.459	34.650
18:2 undifferentiated.....g	7.569		0	4		0.454	0.454	34.288
18:3 undifferentiated.....g	0.056		0	4		0.003	0.003	0.254
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.000g: 1 tbsp

Measure 2 = 6.000g: 1 serving

Measure 3 = 453.000g: 1 package (16 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06562

Gravy, CUSTOM FOODS, SUPERB Instant Brown Gravy Mix, dry

Refuse: 0%

NDB No. 06562

Gravy, CUSTOM FOODS, SUPERB Instant Brown Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	5.045		1	1		22.904	0.338	
20:1.....g	0.056		1	1		0.254	0.004	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.499		1	1		2.265	0.033	
18:2 undifferentiated.....g	0.448		1	1		2.034	0.030	
18:3 undifferentiated.....g	0.037		1	1		0.168	0.002	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	12		1	1		54	1	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 454.000g: 1 package

Measure 2 = 6.700g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06563

Gravy, NESTLE, TRIO Southern Gravy Mix, dry

Refuse: 0%

NDB No. 06563

Gravy, NESTLE, TRIO Southern Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	2.853		0	4		10.499	0.285	
20:1.....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	11.909		0	4		43.825	1.191	
18:2 undifferentiated.....g	10.559		0	4		38.857	1.056	
18:3 undifferentiated.....g	1.352		0	4		4.975	0.135	
18:4.....g	0.000		0	4		0.000	0.000	
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	
20:5 n-3.....g	0.000		0	4		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	
22:6 n-3.....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		3	12		7	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 368.000g: 1 package

Measure 2 = 10.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06564

Gravy, CUSTOM FOODS, SUPERB Country Gravy Mix, dry

Refuse: 0%

NDB No. 06564

Gravy, CUSTOM FOODS, SUPERB Country Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	12.227		1	1		83.144	1.186	
20:1.....g	0.225		1	1		1.530	0.022	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.050		1	1		20.740	0.296	
18:2 undifferentiated.....g	2.585		1	1		17.578	0.251	
18:3 undifferentiated.....g	0.140		1	1		0.952	0.014	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.325		1	1		2.210	0.032	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	2		1	1		14	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 680.000g: 1 package

Measure 2 = 9.700g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06565

Gravy, CUSTOM FOODS, RED LABEL Au Jus Base, dry

Refuse: 0%

NDB No. 06565

Gravy, CUSTOM FOODS, RED LABEL Au Jus Base, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	1.107		1	1		0.111	5.026	
20:1.....g	0.036		1	1		0.004	0.163	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.256		1	1		0.026	1.162	
18:2 undifferentiated.....g	0.224		1	1		0.022	1.017	
18:3 undifferentiated.....g	0.032		1	1		0.003	0.145	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		1	1		1	27	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.000g: 1 serving

Measure 2 = 454.000g: 1 package (16 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06566

Gravy, NESTLE, TRIO Au Jus Gravy Mix, dry

Refuse: 0%

NDB No. 06566

Gravy, NESTLE, TRIO Au Jus Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	1.628		0	4		0.049	3.223	0.049
20:1.....g	0.007		0	4		0.000	0.014	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.322		0	4		0.040	2.618	0.040
18:2 undifferentiated.....g	1.233		0	4		0.037	2.441	0.037
18:3 undifferentiated.....g	0.086		0	4		0.003	0.170	0.003
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	4		3	12		0	8	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.000g: 1 tsp

Measure 2 = 198.000g: 1 package (7 oz)

Measure 3 = 3.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06567

Gravy, CUSTOM FOODS, SUPERB Instant Au Jus Mix, dry

Refuse: 0%

NDB No. 06567

Gravy, CUSTOM FOODS, SUPERB Instant Au Jus Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	2.715		1	1		3.068	0.182	
20:1.....g	0.012		1	1		0.014	0.001	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.314		1	1		0.355	0.021	
18:2 undifferentiated.....g	0.280		1	1		0.316	0.019	
18:3 undifferentiated.....g	0.033		1	1		0.037	0.002	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		1	1		7	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113.000g: 1 package (4 oz)

Measure 2 = 6.700g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06568

Gravy, CUSTOM FOODS, SUPERB Peppered Old-Fashioned Biscuit Gravy Mix, dry

Refuse: 0%

NDB No. 06568

Gravy, CUSTOM FOODS, SUPERB Peppered Old-Fashioned Biscuit Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.029		1	1		0.197	0.003	
17:1.....g								
18:1 undifferentiated.....g	19.887		1	1		135.232	1.929	
20:1.....g	0.088		1	1		0.598	0.009	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.943		1	1		6.412	0.091	
18:2 undifferentiated.....g	0.901		1	1		6.127	0.087	
18:3 undifferentiated.....g	0.042		1	1		0.286	0.004	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		1	1		7	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 680.000g: 1 package

Measure 2 = 9.700g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06569

Gravy, CUSTOM FOODS, SUPERB Instant Pork Gravy Mix, dry

Refuse: 0%

NDB No. 06569

Gravy, CUSTOM FOODS, SUPERB Instant Pork Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	3.262		1	1		0.219	14.809	
20:1.....g	0.037		1	1		0.002	0.168	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.415		1	1		0.028	1.884	
18:2 undifferentiated.....g	0.382		1	1		0.026	1.734	
18:3 undifferentiated.....g	0.032		1	1		0.002	0.145	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	10		1	1		1	45	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.700g: 1 serving

Measure 2 = 454.000g: 1 package (16 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06570

Gravy, CUSTOM FOODS, SUPERB Instant Beef Gravy Mix, dry

Refuse: 0%

NDB No. 06570

Gravy, CUSTOM FOODS, SUPERB Instant Beef Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	3.102		1	1		0.208	14.083	
20:1.....g	0.092		1	1		0.006	0.418	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.938		1	1		0.063	4.259	
18:2 undifferentiated.....g	0.870		1	1		0.058	3.950	
18:3 undifferentiated.....g	0.068		1	1		0.005	0.309	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	11		1	1		1	50	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.700g: 1 serving

Measure 2 = 454.000g: 1 package (16 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06571

Gravy, CUSTOM FOODS, SUPERB Old-Fashioned BISCUIT Gravy Mix, dry

Refuse: 0%

NDB No. 06571

Gravy, CUSTOM FOODS, SUPERB Old-Fashioned BISCUIT Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.028		1	1		0.190	0.003	
17:1.....g								
18:1 undifferentiated.....g	18.606		1	1		126.521	1.805	
20:1.....g	0.057		1	1		0.388	0.006	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.959		1	1		6.521	0.093	
18:2 undifferentiated.....g	0.914		1	1		6.215	0.089	
18:3 undifferentiated.....g	0.045		1	1		0.306	0.004	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	3		1	1		20	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 680.000g: 1 package

Measure 2 = 9.700g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06572

Gravy, NESTLE, TRIO Country Gravy Mix, dry

Refuse: 0%

NDB No. 06572

Gravy, NESTLE, TRIO Country Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	1.724		0	4		0.138	10.758	0.138
20:1.....g	0.003		0	4		0.000	0.019	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	6.783		0	4		0.543	42.326	0.543
18:2 undifferentiated.....g	6.014		0	4		0.481	37.527	0.481
18:3 undifferentiated.....g	0.756		0	4		0.060	4.717	0.060
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.007		0	4		0.001	0.044	0.001
20:5 n-3.....g	0.001		0	4		0.000	0.006	0.000
22:2.....g								
22:5 n-3.....g	0.002		0	4		0.000	0.012	0.000
22:6 n-3.....g	0.003		0	4		0.000	0.019	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	6		3	12		0	37	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.000g: 1 tbsp

Measure 2 = 624.000g: 1 package

Measure 3 = 8.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06573

Gravy, CUSTOM FOODS, SUPERB Instant Chicken Gravy Mix, dry

Refuse: 0%

NDB No. 06573

Gravy, CUSTOM FOODS, SUPERB Instant Chicken Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	5.687		1	1		0.381	25.819	
20:1.....g	0.075		1	1		0.005	0.341	
22:1 undifferentiated.....g	0.020		1	1		0.001	0.091	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.921		1	1		0.196	13.261	
18:2 undifferentiated.....g	2.746		1	1		0.184	12.467	
18:3 undifferentiated.....g	0.137		1	1		0.009	0.622	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.038		1	1		0.003	0.173	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	35		1	1		2	159	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.700g: 1 serving

Measure 2 = 454.000g: 1 package (16 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06574

Gravy, NESTLE, TRIO Chicken Gravy Mix, dry

Refuse: 0%

NDB No. 06574

Gravy, NESTLE, TRIO Chicken Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	3.873		0	4		0.310	24.826	0.310
20:1.....g	0.069		0	4		0.006	0.442	0.006
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.692		0	4		0.295	23.666	0.295
18:2 undifferentiated.....g	3.411		0	4		0.273	21.865	0.273
18:3 undifferentiated.....g	0.205		0	4		0.016	1.314	0.016
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		0	4		0.002	0.192	0.002
20:5 n-3.....g	0.003		0	4		0.000	0.019	0.000
22:2.....g								
22:5 n-3.....g	0.005		0	4		0.000	0.032	0.000
22:6 n-3.....g	0.011		0	4		0.001	0.071	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	28		3	12		2	179	2
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.000g: 1 tbsp

Measure 2 = 641.000g: 1 package

Measure 3 = 8.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06576

Gravy, CUSTOM FOODS, SUPERB Instant Turkey Gravy Mix, dry

Refuse: 0%

NDB No. 06576

Gravy, CUSTOM FOODS, SUPERB Instant Turkey Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	4.744		1	1		0.318	21.538	
20:1.....g	0.070		1	1		0.005	0.318	
22:1 undifferentiated.....g	0.036		1	1		0.002	0.163	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	4.478		1	1		0.300	20.330	
18:2 undifferentiated.....g	4.023		1	1		0.270	18.264	
18:3 undifferentiated.....g	0.426		1	1		0.029	1.934	
18:4.....g	0.029		1	1		0.002	0.132	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	24		1	1		2	109	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.700g: 1 serving

Measure 2 = 454.000g: 1 package (16 oz)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06577

Gravy, NESTLE, TRIO Turkey Gravy Mix, dry

Refuse: 0%

NDB No. 06577

Gravy, NESTLE, TRIO Turkey Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	1.490		0	4		8.448	0.119	
20:1.....g	0.038		0	4		0.215	0.003	
22:1 undifferentiated.....g	0.001		0	4		0.006	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.818		0	4		4.638	0.065	
18:2 undifferentiated.....g	0.746		0	4		4.230	0.060	
18:3 undifferentiated.....g	0.040		0	4		0.227	0.003	
18:4.....g	0.000		0	4		0.000	0.000	
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.012		0	4		0.068	0.001	
20:5 n-3.....g	0.000		0	4		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.002		0	4		0.011	0.000	
22:6 n-3.....g	0.003		0	4		0.017	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	11		3	12		62	1	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 567.000g: 1 package

Measure 2 = 8.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06579

Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned

Refuse: 0%

NDB No. 06579

Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g								
Cholesterol.....mg	4		1	1		2		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60.000g: .25 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06581

Soup, NISSIN, OODLES OF NOODLES TOP RAMEN Ramen Noodle, Oriental flavor, dry form

Refuse: 0%

NDB No. 06581

Soup, NISSIN, OODLES OF NOODLES TOP RAMEN Ramen Noodle, Oriental flavor, dry form

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....	g							
Cholesterol.....	mg							
Phytosterols.....	mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06582

Soup, NISSIN, CUP NOODLES, Ramen Noodle, chicken flavor, dry mix

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	5.90		1	1		3.78		
Energy.....kcal	463		0	9		296		
Energy.....kj	1936			9		1239		
Protein.....g	8.70		1	1		5.57		
Total lipid (fat).....g	22.00		1	1		14.08		
Ash.....g	5.90		1	1		3.78		
Carbohydrate, by difference.....g	57.50		0	9		36.80		
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	3.41		1	1		2.18		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	2240		1	1		1434		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	9.770		1	1		6.253		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64.000g: 1 container, individual

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06710

Sauce, CUSTOM FOODS, RED LABEL All Purpose Italian Sauce Mix, dry

Refuse: 0%

NDB No. 06710

Sauce, CUSTOM FOODS, RED LABEL All Purpose Italian Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	0.737		1	1		3.132	0.041	
20:1.....g	0.000		1	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.865		1	1		7.926	0.104	
18:2 undifferentiated.....g	1.605		1	1		6.821	0.090	
18:3 undifferentiated.....g	0.260		1	1		1.105	0.015	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1	1		0.000	0.000	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		1	1		4	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 425.000g: 1 package

Measure 2 = 5.600g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06711

Sauce, NESTLE, TRIO Alfredo Sauce Mix, dry

Refuse: 0%

NDB No. 06711

Sauce, NESTLE, TRIO Alfredo Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	13.006		0	4				
20:1.....g	0.000		0	4				
22:1 undifferentiated.....g	0.000		0	4				
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	8.610		0	4				
18:2 undifferentiated.....g	7.845		0	4				
18:3 undifferentiated.....g	0.745		0	4				
18:4.....g	0.000		0	4				
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4				
20:5 n-3.....g	0.000		0	4				
22:2.....g								
22:5 n-3.....g	0.000		0	4				
22:6 n-3.....g	0.000		0	4				
Fatty acids, total trans.....g								
Cholesterol.....mg	56		3	12				
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7				
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06713

Sauce, NESTLE, TRIO Cheese Sauce Mix, dry

Refuse: 0%

NDB No. 06713

Sauce, NESTLE, TRIO Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	7.154		0	4		0.858	64.887	0.858
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.400		0	4		0.648	48.978	0.648
18:2 undifferentiated.....g	4.971		0	4		0.597	45.087	0.597
18:3 undifferentiated.....g	0.416		0	4		0.050	3.773	0.050
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	19		3	12		2	172	2
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.000g: 1 serving

Measure 2 = 907.000g: 1 package (2 lb)

Measure 3 = 12.000g: 2 tbsp

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06714

Sauce, NESTLE, TRIO Nacho Cheese Sauce Mix, dry

Refuse: 0%

NDB No. 06714

Sauce, NESTLE, TRIO Nacho Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	4.043		0	4		0.485	36.670	0.485
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.522		0	4		0.423	31.945	0.423
18:2 undifferentiated.....g	3.236		0	4		0.388	29.351	0.388
18:3 undifferentiated.....g	0.286		0	4		0.034	2.594	0.034
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	17		3	12		2	154	2
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.000g: 1 serving

Measure 2 = 907.000g: 1 package (2 lb)

Measure 3 = 12.000g: 2 tbsp

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06715

Sauce, CUSTOM FOODS, SUPERB Instant Nacho Cheese Sauce Mix, dry

Refuse: 0%

NDB No. 06715

Sauce, CUSTOM FOODS, SUPERB Instant Nacho Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	6.662		1	1		0.946	60.424	
20:1.....g	0.057		1	1		0.008	0.517	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.958		1	1		0.136	8.689	
18:2 undifferentiated.....g	0.807		1	1		0.115	7.319	
18:3 undifferentiated.....g	0.129		1	1		0.018	1.170	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.022		1	1		0.003	0.200	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	21		1	1		3	190	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.200g: 1 serving

Measure 2 = 907.000g: 1 package (2 lb)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06716

Sauce, CUSTOM FOODS, SUPERB Instant Cheddar Cheese Sauce Mix, dry

Refuse: 0%

NDB No. 06716

Sauce, CUSTOM FOODS, SUPERB Instant Cheddar Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	6.322		1	1		0.898	57.341	
20:1.....g	0.048		1	1		0.007	0.435	
22:1 undifferentiated.....g	0.000		1	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.007		1	1		0.143	9.133	
18:2 undifferentiated.....g	0.842		1	1		0.120	7.637	
18:3 undifferentiated.....g	0.139		1	1		0.020	1.261	
18:4.....g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.026		1	1		0.004	0.236	
20:5 n-3.....g	0.000		1	1		0.000	0.000	
22:2.....g								
22:5 n-3.....g	0.000		1	1		0.000	0.000	
22:6 n-3.....g	0.000		1	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	27		1	1		4	245	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.200g: 1 serving

Measure 2 = 907.000g: 1 package (2 lb)

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06720

Sauce, cheese sauce mix, dry

Refuse: 0%

NDB No. 06720

Sauce, cheese sauce mix, dry

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.196		0	4				
17:1.....g								
18:1 undifferentiated.....g	6.497		0	4				
20:1.....g	0.052		0	4				
22:1 undifferentiated.....g	0.000		0	4				
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.983		0	4				
18:2 undifferentiated.....g	0.825		0	4				
18:3 undifferentiated.....g	0.134		0	4				
18:4.....g	0.000		0	4				
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.024		0	4				
20:5 n-3.....g	0.000		0	4				
22:2.....g								
22:5 n-3.....g	0.000		0	4				
22:6 n-3.....g	0.000		0	4				
Fatty acids, total trans.....g								
Cholesterol.....mg	23		11	12				
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7				
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06721

Sauce, CPC, KNORR Alfredo Sauce, dry mix

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	5.55		1	1		0.83		
Energy.....kcal	412		0	4		62		
Energy.....kj	1724			4		259		
Protein.....g	14.80		1	1		2.22		
Total lipid (fat).....g	18.10		1	1		2.72		
Ash.....g	14.00		1	1		2.10		
Carbohydrate, by difference.....g	47.50		0	4		7.13		
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	4868		1	1		730		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	11.050		2	1		1.658		
Fatty acids, total monounsaturated.....g	6.948		1	1		1.042		
Fatty acids, total polyunsaturated.....g	0.641		1	1		0.096		
Fatty acids, total trans.....g								
Cholesterol.....mg	36		2	1		5		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.000g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06722

Soup, LIPTON, RECIPE SECRETS BEEFY MUSHROOM, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.44		
Energy.....kcal	298		0	9		33		
Energy.....kj	1247			9		137		
Protein.....g	7.76		0	9		0.85		
Total lipid (fat).....g	3.43		0	9		0.38		
Ash.....g	24.59		0	4		2.70		
Carbohydrate, by difference.....g	60.22		0	9		6.62		
Fiber, total dietary.....g	1.0		0	9		0.1		
Sugars, total.....g	14.17		0	9		1.56		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	98		0	9		11		
Iron, Fe.....mg	0.94		0	9		0.10		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	5865		0	9		645		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	1.5		0	9		0.2		
Thiamin.....mg	0.030		0	9		0.003		
Riboflavin.....mg	0.069		0	9		0.008		
Niacin.....mg	0.685		0	9		0.075		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	8		0	9		1		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.485		0	9		0.053		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	2		0	9		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06723

Soup, LIPTON, RECIPE SECRETS FIESTA HERB WITH RED, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.36		
Energy.....kcal	322		0	9		29		
Energy.....kj	1347			9		121		
Protein.....g	10.66		0	9		0.96		
Total lipid (fat).....g	3.77		0	9		0.34		
Ash.....g	17.13		0	4		1.54		
Carbohydrate, by difference.....g	64.44		0	9		5.80		
Fiber, total dietary.....g	4.6		0	9		0.4		
Sugars, total.....g	7.46		0	9		0.67		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	106		0	9		10		
Iron, Fe.....mg	3.62		0	9		0.33		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	6210		0	9		559		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	16.8		0	9		1.5		
Thiamin.....mg	0.397		0	9		0.036		
Riboflavin.....mg	0.463		0	9		0.042		
Niacin.....mg	3.259		0	9		0.293		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	23		0	9		2		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	23		0	9		2		
Folate, DFE.....mcg_DFE	23		0	4		2		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	1659		0	9		149		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.637		0	9		0.057		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	15		0	9		1		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06724

Soup, LIPTON, RECIPE SECRETS BEEFY ONION, Mix, Dry**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	4.00		0	4		0.32		
Energy.....kcal	314		0	9		25		
Energy.....kj	1314			9		105		
Protein.....g	6.47		0	9		0.52		
Total lipid (fat).....g	7.93		0	9		0.63		
Ash.....g	23.07		0	4		1.85		
Carbohydrate, by difference.....g	58.53		0	9		4.68		
Fiber, total dietary.....g	4.4		0	9		0.4		
Sugars, total.....g	6.59		0	9		0.53		
Starch.....g								
Minerals:								
Calcium, Ca.....mg	140		0	9		11		
Iron, Fe.....mg	1.50		0	9		0.12		
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	7582		0	9		607		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	8.2		0	9		0.7		
Thiamin.....mg	0.186		0	9		0.015		
Riboflavin.....mg	0.233		0	9		0.019		
Niacin.....mg	1.508		0	9		0.121		
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg	0		0	7		0		
Folic acid.....mcg	0		0	7		0		
Folate, food.....mcg	0		0	7		0		
Folate, DFE.....mcg_DFE	0		0	4		0		
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	0		0	7		0		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.801		0	9		0.144		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	7		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06725

Soup, chicken corn chowder, chunky, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	82.10		1	1		442.52	197.04	
Energy.....kcal	99		0	4		534	238	
Energy.....kj	414			4		2233	994	
Protein.....g	3.10		1	1		16.71	7.44	
Total lipid (fat).....g	6.30		1	1		33.96	15.12	
Ash.....g	1.00		1	1		5.39	2.40	
Carbohydrate, by difference.....g	7.50		0	4		40.43	18.00	
Fiber, total dietary.....g	0.9		1	1		4.9	2.2	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	299		1	1		1612	718	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	1.750		1	1		9.433	4.200	
Fatty acids, total monounsaturated.....g	1.270		1	1		6.845	3.048	
Fatty acids, total polyunsaturated.....g	1.900		1	1		10.241	4.560	
Fatty acids, total trans.....g								
Cholesterol.....mg	11		1	1		59	26	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539.000g: 1 package yields

Measure 2 = 240.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06726

Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	84.20		1	1		453.84	202.08	
Energy.....kcal	80		0	4		431	192	
Energy.....kj	335			4		1804	803	
Protein.....g	3.00		1	1		16.17	7.20	
Total lipid (fat).....g	4.40		1	1		23.72	10.56	
Ash.....g	1.30		1	1		7.01	3.12	
Carbohydrate, by difference.....g	7.10		0	4		38.27	17.04	
Fiber, total dietary.....g	1.4		1	1		7.5	3.4	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.48		1	1		2.59	1.15	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	339		1	1		1827	814	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	2.0		1	1		10.8	4.8	
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	0		1	1		0	0	
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	1.150		1	1		6.199	2.760	
Fatty acids, total monounsaturated.....g	0.837		1	1		4.511	2.009	
Fatty acids, total polyunsaturated.....g	1.740		1	1		9.379	4.176	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		1	1		32	14	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539.000g: 1 package yields

Measure 2 = 240.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06727

Soup, chicken noodle, chunky, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	88.70		1	1		478.09	215.54	
Energy.....kcal	47		0	4		253	114	
Energy.....kj	197			4		1060	478	
Protein.....g	3.20		1	1		17.25	7.78	
Total lipid (fat).....g	1.30		1	1		7.01	3.16	
Ash.....g	1.10		1	1		5.93	2.67	
Carbohydrate, by difference.....g	5.70		0	4		30.72	13.85	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.49		1	1		2.64	1.19	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	360		1	1		1940	875	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.321		1	1		1.730	0.780	
Fatty acids, total monounsaturated.....g	0.497		1	1		2.679	1.208	
Fatty acids, total polyunsaturated.....g	0.262		1	1		1.412	0.637	
Fatty acids, total trans.....g								
Cholesterol.....mg	10		1	1		54	24	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539.000g: 1 package yields

Measure 2 = 243.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06728

Soup, potato ham chowder, chunky, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	85.30		1	1		459.77	204.72	
Energy.....kcal	80		0	4		431	192	
Energy.....kj	335			4		1804	803	
Protein.....g	2.70		1	1		14.55	6.48	
Total lipid (fat).....g	5.20		1	1		28.03	12.48	
Ash.....g	1.20		1	1		6.47	2.88	
Carbohydrate, by difference.....g	5.60		0	4		30.18	13.44	
Fiber, total dietary.....g	0.6		1	1		3.2	1.4	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.70		1	1		3.77	1.68	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	364		1	1		1962	874	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	1.620		1	1		8.732	3.888	
Fatty acids, total monounsaturated.....g	2.460		1	1		13.259	5.904	
Fatty acids, total polyunsaturated.....g	0.320		1	1		1.725	0.768	
Fatty acids, total trans.....g								
Cholesterol.....mg	9		1	1		49	22	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539.000g: 1 package yields

Measure 2 = 240.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06729

Soup, sirloin burger with vegetables, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	84.10		1	1		453.30	201.84	
Energy.....kcal	77		0	4		415	185	
Energy.....kj	322			4		1736	773	
Protein.....g	4.20		1	1		22.64	10.08	
Total lipid (fat).....g	3.70		1	1		19.94	8.88	
Ash.....g	1.20		1	1		6.47	2.88	
Carbohydrate, by difference.....g	6.80		0	4		36.65	16.32	
Fiber, total dietary.....g	2.3		1	1		12.4	5.5	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.87		1	1		4.69	2.09	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	361		1	1		1946	866	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	1.330		1	1		7.169	3.192	
Fatty acids, total monounsaturated.....g	1.320		1	1		7.115	3.168	
Fatty acids, total polyunsaturated.....g	0.523		1	1		2.819	1.255	
Fatty acids, total trans.....g								
Cholesterol.....mg	11		1	1		59	26	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539.000g: 1 package yields

Measure 2 = 240.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Amount in 100 grams of edible portion		Amount in edible portion of common measures of food		
				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	81.00		1	1		436.59	196.83	
Energy.....kcal	76		0	4		410	185	
Energy.....kj	318			4		1714	773	
Protein.....g	5.20		1	1		28.03	12.64	
Total lipid (fat).....g	1.10		1	1		5.93	2.67	
Ash.....g	1.40		1	1		7.55	3.40	
Carbohydrate, by difference.....g	11.30		0	4		60.91	27.46	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.92		1	1		4.96	2.24	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	343		1	1		1849	833	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	4.2		1	1		22.6	10.2	
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	2625		1	1		14149	6379	
Vitamin A, RE.....mcg_RE	263		1	1		1415	638	
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.300		1	1		1.617	0.729	
Fatty acids, total monounsaturated.....g	0.404		1	1		2.178	0.982	
Fatty acids, total polyunsaturated.....g	0.198		1	1		1.067	0.481	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		1	1		32	15	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539.000g: 1 package yields

Measure 2 = 243.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06731

Soup, bean with bacon, condensed, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	70.90		1	1		231.13	95.72	
Energy.....kcal	117		0	4		381	158	
Energy.....kj	490			4		1596	661	
Protein.....g	6.50		1	1		21.19	8.78	
Total lipid (fat).....g	2.10		1	1		6.85	2.84	
Ash.....g	2.50		1	1		8.15	3.38	
Carbohydrate, by difference.....g	18.00		0	4		58.68	24.30	
Fiber, total dietary.....g	4.6		1	1		15.0	6.2	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	1.37		1	1		4.47	1.85	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	736		1	1		2399	994	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.601		1	1		1.959	0.811	
Fatty acids, total monounsaturated.....g	0.747		1	1		2.435	1.008	
Fatty acids, total polyunsaturated.....g	0.446		1	1		1.454	0.602	
Fatty acids, total trans.....g								
Cholesterol.....mg	3		1	1		10	4	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326.000g: 1 package yields

Measure 2 = 135.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06732

Soup, beef broth, canned, condensed, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	94.60		1	1		281.91	119.20	
Energy.....kcal	18		0	4		54	23	
Energy.....kj	75			4		224	95	
Protein.....g	2.60		1	1		7.75	3.28	
Total lipid (fat).....g	1.00		1	1		2.98	1.26	
Ash.....g	2.10		1	1		6.26	2.65	
Carbohydrate, by difference.....g	0.00		0	4		0.00	0.00	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	769		1	1		2292	969	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	1		1	1		3	1	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298.000g: 1 package yields

Measure 2 = 126.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06733

Soup, beef with vegetables and barley, canned, condensed, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	84.60		1	1		263.95	107.44	
Energy.....kcal	61		0	4		190	77	
Energy.....kj	255			4		796	324	
Protein.....g	3.90		1	1		12.17	4.95	
Total lipid (fat).....g	1.40		1	1		4.37	1.78	
Ash.....g	1.90		1	1		5.93	2.41	
Carbohydrate, by difference.....g	8.20		0	4		25.58	10.41	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	707		1	1		2206	898	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.480		1	1		1.498	0.610	
Fatty acids, total monounsaturated.....g	0.567		1	1		1.769	0.720	
Fatty acids, total polyunsaturated.....g	0.098		1	1		0.306	0.124	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		1	1		19	8	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 312.000g: 1 package yields

Measure 2 = 127.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06734

Soup, chicken with star-shaped pasta, canned, condensed, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	86.80		1	1		258.66	108.50	
Energy.....kcal	50		0	4		149	63	
Energy.....kj	209			4		623	262	
Protein.....g	2.30		1	1		6.85	2.88	
Total lipid (fat).....g	1.40		1	1		4.17	1.75	
Ash.....g	2.40		1	1		7.15	3.00	
Carbohydrate, by difference.....g	7.10		0	4		21.16	8.88	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	732		1	1		2181	915	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.342		1	1		1.019	0.428	
Fatty acids, total monounsaturated.....g	0.546		1	1		1.627	0.683	
Fatty acids, total polyunsaturated.....g	0.303		1	1		0.903	0.379	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		1	1		12	5	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298.000g: 1 package yields

Measure 2 = 125.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06736

Soup, cream of chicken, canned, condensed, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	81.40		1	1		248.27	102.56	
Energy.....kcal	99		0	4		302	125	
Energy.....kj	414			4		1263	522	
Protein.....g	2.40		1	1		7.32	3.02	
Total lipid (fat).....g	6.50		1	1		19.83	8.19	
Ash.....g	2.00		1	1		6.10	2.52	
Carbohydrate, by difference.....g	7.70		0	4		23.49	9.70	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	788		1	1		2403	993	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	1.610		1	1		4.911	2.029	
Fatty acids, total monounsaturated.....g	1.640		1	1		5.002	2.066	
Fatty acids, total polyunsaturated.....g	2.050		1	1		6.253	2.583	
Fatty acids, total trans.....g								
Cholesterol.....mg	7		1	1		21	9	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 305.000g: 1 package yields

Measure 2 = 126.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06738

Soup, split pea with ham and bacon, canned, condensed, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	65.40		1	1		213.20	88.29	
Energy.....kcal	140		0	4		456	189	
Energy.....kj	586			4		1910	791	
Protein.....g	8.60		1	1		28.04	11.61	
Total lipid (fat).....g	2.30		1	1		7.50	3.11	
Ash.....g	2.50		1	1		8.15	3.38	
Carbohydrate, by difference.....g	21.20		0	4		69.11	28.62	
Fiber, total dietary.....g	3.0		1	1		9.8	4.1	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	1.59		1	1		5.18	2.15	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	729		1	1		2377	984	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.676		1	1		2.204	0.913	
Fatty acids, total monounsaturated.....g	0.892		1	1		2.908	1.204	
Fatty acids, total polyunsaturated.....g	0.439		1	1		1.431	0.593	
Fatty acids, total trans.....g								
Cholesterol.....mg	3		1	1		10	4	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326.000g: 1 package yields

Measure 2 = 135.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06739

Soup, vegetable beef, canned, condensed, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	86.00		1	1		256.28	116.96	
Energy.....kcal	53		0	4		158	72	
Energy.....kj	222			4		661	302	
Protein.....g	3.80		1	1		11.32	5.17	
Total lipid (fat).....g	0.80		1	1		2.38	1.09	
Ash.....g	1.70		1	1		5.07	2.31	
Carbohydrate, by difference.....g	7.70		0	4		22.95	10.47	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	555		1	1		1654	755	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.231		1	1		0.688	0.314	
Fatty acids, total monounsaturated.....g	0.176		1	1		0.524	0.239	
Fatty acids, total polyunsaturated.....g	0.237		1	1		0.706	0.322	
Fatty acids, total trans.....g								
Cholesterol.....mg	5		1	1		15	7	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298.000g: 1 package yields

Measure 2 = 136.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06740

Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	89.50		1	1		406.33	214.80	
Energy.....kcal	40		0	4		182	96	
Energy.....kj	167			4		760	402	
Protein.....g	2.70		1	1		12.26	6.48	
Total lipid (fat).....g	0.50		1	1		2.27	1.20	
Ash.....g	1.00		1	1		4.54	2.40	
Carbohydrate, by difference.....g	6.30		0	4		28.60	15.12	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	192		1	1		872	461	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.121		1	1		0.549	0.290	
Fatty acids, total monounsaturated.....g	0.168		1	1		0.763	0.403	
Fatty acids, total polyunsaturated.....g	0.107		1	1		0.486	0.257	
Fatty acids, total trans.....g								
Cholesterol.....mg	4		1	1		18	10	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 454.000g: 1 package yields

Measure 2 = 240.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06741

Soup, chicken noodle with celery and carrots, homestyle, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	92.70		1	1		282.74	282.74	
Energy.....kcal	31		0	4		95	95	
Energy.....kj	130			4		396	396	
Protein.....g	2.10		1	1		6.41	6.41	
Total lipid (fat).....g	1.10		1	1		3.36	3.36	
Ash.....g	1.00		1	1		3.05	3.05	
Carbohydrate, by difference.....g	3.10		0	4		9.46	9.46	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.50		1	1		1.53	1.53	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	323		1	1		985	985	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.283		1	1		0.863	0.863	
Fatty acids, total monounsaturated.....g	0.414		1	1		1.263	1.263	
Fatty acids, total polyunsaturated.....g	0.170		1	1		0.519	0.519	
Fatty acids, total trans.....g								
Cholesterol.....mg	7		1	1		21	21	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 305.000g: 1 package yields

Measure 2 = 305.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06742

Soup, vegetable beef, microwavable, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	88.60		1	1		258.71	258.71	
Energy.....kcal	44		0	4		128	128	
Energy.....kj	184			4		538	538	
Protein.....g	6.20		1	1		18.10	18.10	
Total lipid (fat).....g	0.70		1	1		2.04	2.04	
Ash.....g	1.20		1	1		3.50	3.50	
Carbohydrate, by difference.....g	3.30		0	4		9.64	9.64	
Fiber, total dietary.....g	1.5		1	1		4.4	4.4	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	376		1	1		1098	1098	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.221		1	1		0.645	0.645	
Fatty acids, total monounsaturated.....g	0.223		1	1		0.651	0.651	
Fatty acids, total polyunsaturated.....g	0.112		1	1		0.327	0.327	
Fatty acids, total trans.....g								
Cholesterol.....mg	3		1	1		9	9	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 292.000g: 1 package yields

Measure 2 = 292.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06746

Gravy, PEPPERIDGE FARM HEARTY BEEF GRAVY, GLASS JAR**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	88.40		1	1		300.56	53.04	
Energy.....kcal	43		0	4		146	26	
Energy.....kj	180			4		612	108	
Protein.....g	3.00		1	1		10.20	1.80	
Total lipid (fat).....g	0.70		1	1		2.38	0.42	
Ash.....g	1.70		1	1		5.78	1.02	
Carbohydrate, by difference.....g	6.20		0	4		21.08	3.72	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	631		1	1		2145	379	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.238		1	1		0.809	0.143	
Fatty acids, total monounsaturated.....g	0.252		1	1		0.857	0.151	
Fatty acids, total polyunsaturated.....g	0.064		1	1		0.218	0.038	
Fatty acids, total trans.....g								
Cholesterol.....mg	5		1	1		17	3	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340.000g: 1 package yields

Measure 2 = 60.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06747

Soup, PROGRESSO CHICKEN & WILD RICE WITH VEGETABLES**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	90.50		1	1		486.89	216.30	
Energy.....kcal	39		0	4		210	93	
Energy.....kj	163			4		878	390	
Protein.....g	2.50		1	1		13.45	5.98	
Total lipid (fat).....g	0.90		1	1		4.84	2.15	
Ash.....g	1.00		1	1		5.38	2.39	
Carbohydrate, by difference.....g	5.00		0	4		26.90	11.95	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	328		1	1		1765	784	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.250		1	1		1.345	0.598	
Fatty acids, total monounsaturated.....g	0.411		1	1		2.211	0.982	
Fatty acids, total polyunsaturated.....g	0.211		1	1		1.135	0.504	
Fatty acids, total trans.....g								
Cholesterol.....mg	6		1	1		32	14	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 538.000g: 1 package yields

Measure 2 = 239.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06748

Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, 99% FAT FREE**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	86.10		1	1		390.03	207.50	
Energy.....kcal	57		0	4		258	137	
Energy.....kj	238			4		1078	574	
Protein.....g	5.10		1	1		23.10	12.29	
Total lipid (fat).....g	0.68		1	1		3.08	1.64	
Ash.....g	0.80		1	1		3.62	1.93	
Carbohydrate, by difference.....g	7.10		0	4		32.16	17.11	
Fiber, total dietary.....g	1.5		1	1		6.8	3.6	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.65		1	1		2.94	1.57	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	219		1	1		992	528	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.290		1	1		1.314	0.699	
Fatty acids, total monounsaturated.....g	0.300		1	1		1.359	0.723	
Fatty acids, total polyunsaturated.....g	0.090		1	1		0.408	0.217	
Fatty acids, total trans.....g								
Cholesterol.....mg	8		1	1		38	20	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.000g: 1 package yields

Measure 2 = 241.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06749

Soup, beef with country vegetables, chunky, ready-to-serve, single brand**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	85.30		1	1		459.77	207.28	
Energy.....kcal	63		0	4		340	153	
Energy.....kj	264			4		1421	641	
Protein.....g	5.10		1	1		27.49	12.39	
Total lipid (fat).....g	1.80		1	1		9.70	4.37	
Ash.....g	1.20		1	1		6.47	2.92	
Carbohydrate, by difference.....g	6.60		0	4		35.57	16.04	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.89		1	1		4.80	2.16	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	357		1	1		1924	868	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Lipids:								
Fatty acids, total saturated.....g	0.539		1	1		2.905	1.310	
Fatty acids, total monounsaturated.....g	0.443		1	1		2.388	1.076	
Fatty acids, total polyunsaturated.....g	0.511		1	1		2.754	1.242	
Fatty acids, total trans.....g								
Cholesterol.....mg	10		1	1		54	24	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539.000g: 1 package yields

Measure 2 = 243.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06800

Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve

Refuse: 0%

NDB No. 06800

Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	4.445		0	4		132.328	2.756	2.756
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.483		0	4		103.689	2.159	2.159
18:2 undifferentiated.....g	3.212		0	4		95.621	1.991	1.991
18:3 undifferentiated.....g	0.273		0	4		8.127	0.169	0.169
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	21		3	12		625	13	13
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2977.000g: 1 package

Measure 2 = 62.000g: 1 serving

Measure 3 = 62.000g: .25 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06901

Sauce, NESTLE, CONTADINA Deluxe Marinara Sauce, ready-to-serve

Refuse: 0%

NDB No. 06901

Sauce, NESTLE, CONTADINA Deluxe Marinara Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	1.353		0	4		3.383	40.658	1.691
20:1.....g	0.004		0	4		0.010	0.120	0.005
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.824		0	4		2.060	24.761	1.030
18:2 undifferentiated.....g	0.778		0	4		1.945	23.379	0.973
18:3 undifferentiated.....g	0.048		0	4		0.120	1.442	0.060
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 3005.000g: 1 package

Measure 3 = 125.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06903

Sauce, NESTLE, CHEF-MATE Creole Sauce, ready-to-serve

Refuse: 0%

NDB No. 06903

Sauce, NESTLE, CHEF-MATE Creole Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	0.368		0	4		0.913	7.198	0.228
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.471		0	4		1.168	9.213	0.292
18:2 undifferentiated.....g	0.444		0	4		1.101	8.685	0.275
18:3 undifferentiated.....g	0.026		0	4		0.064	0.509	0.016
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 1956.000g: 1 package

Measure 3 = 62.000g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06904

Sauce, NESTLE, CONTADINA Spaghetti Sauce, ready-to-serve

Refuse: 0%

NDB No. 06904

Sauce, NESTLE, CONTADINA Spaghetti Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	0.365		0	4		0.913	10.866	0.456
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.620		0	4		1.550	18.457	0.775
18:2 undifferentiated.....g	0.582		0	4		1.455	17.326	0.728
18:3 undifferentiated.....g	0.036		0	4		0.090	1.072	0.045
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 2977.000g: 1 package

Measure 3 = 125.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06905

Sauce, NESTLE, CHEF-MATE Lemon Sauce, ready-to-serve

Refuse: 0%

NDB No. 06905

Sauce, NESTLE, CHEF-MATE Lemon Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	0.167		0	4		3.550	0.053	0.053
20:1.....g	0.001		0	4		0.021	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.280		0	4		5.953	0.090	0.090
18:2 undifferentiated.....g	0.257		0	4		5.464	0.082	0.082
18:3 undifferentiated.....g	0.023		0	4		0.489	0.007	0.007
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		3	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2126.000g: 1 package

Measure 2 = 32.000g: 1 serving

Measure 3 = 32.000g: 2 tbsp

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06907

Sauce, NESTLE, CHEF-MATE Sharp Cheddar Cheese Sauce, ready-to-serve

Refuse: 0%

NDB No. 06907

Sauce, NESTLE, CHEF-MATE Sharp Cheddar Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	4.427		0	4		11.156	134.271	2.789
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.354		0	4		8.452	101.727	2.113
18:2 undifferentiated.....g	3.058		0	4		7.706	92.749	1.927
18:3 undifferentiated.....g	0.296		0	4		0.746	8.978	0.186
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	36		3	12		91	1092	23
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252.000g: 1 cup

Measure 2 = 3033.000g: 1 package

Measure 3 = 63.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06908

Sauce, NESTLE, CHEF-MATE Golden Cheese Sauce, ready-to-serve

Refuse: 0%

NDB No. 06908

Sauce, NESTLE, CHEF-MATE Golden Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	4.427		0	4		11.156	134.271	2.789
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.354		0	4		8.452	101.727	2.113
18:2 undifferentiated.....g	3.058		0	4		7.706	92.749	1.927
18:3 undifferentiated.....g	0.296		0	4		0.746	8.978	0.186
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c.c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	46		3	12		116	1395	29
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252.000g: 1 cup

Measure 2 = 3033.000g: 1 package

Measure 3 = 63.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06909

Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve

Refuse: 0%

NDB No. 06909

Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	4.427		0	4		11.156	133.031	2.789
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.354		0	4		8.452	100.788	2.113
18:2 undifferentiated.....g	3.058		0	4		7.706	91.893	1.927
18:3 undifferentiated.....g	0.296		0	4		0.746	8.895	0.186
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	32		3	12		81	962	20
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252.000g: 1 cup

Measure 2 = 3005.000g: 1 package

Measure 3 = 63.000g: 1 serving

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06910

Sauce, NESTLE, QUE BUENO Nacho Cheese Sauce, ready-to-serve**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	66.50		3	12		167.58	1998.33	41.90
Energy.....kcal	203		0	9		512	6100	128
Energy.....kj	849			9		2140	25523	535
Protein.....g	8.32		3	1		20.97	250.02	5.24
Total lipid (fat).....g	16.03		3	12		40.40	481.70	10.10
Ash.....g	2.77		3	1		6.98	83.24	1.75
Carbohydrate, by difference.....g	6.38		0	9		16.08	191.72	4.02
Fiber, total dietary.....g	0.7		3	1		1.8	21.0	0.4
Sugars, total.....g	0.73		3	12		1.84	21.94	0.46
Starch.....g								
Minerals:								
Calcium, Ca.....mg	287		3	1		723	8624	181
Iron, Fe.....mg	0.24		3	1		0.60	7.21	0.15
Magnesium, Mg.....mg	10		0	4		25	301	6
Phosphorus, P.....mg	167		0	4		421	5018	105
Potassium, K.....mg	32		0	4		81	962	20
Sodium, Na.....mg	920		3	1		2318	27646	580
Zinc, Zn.....mg	1.03		0	4		2.60	30.95	0.65
Copper, Cu.....mg	0.016		0	4		0.040	0.481	0.010
Manganese, Mn.....mg	0.008		0	4		0.020	0.240	0.005
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.7		3	1		1.8	21.0	0.4
Thiamin.....mg	0.007		0	4		0.018	0.210	0.004
Riboflavin.....mg	0.122		0	4		0.307	3.666	0.077
Niacin.....mg	0.026		0	4		0.066	0.781	0.016
Pantothenic acid.....mg	0.134		0	4		0.338	4.027	0.084
Vitamin B-6.....mg	0.018		0	4		0.045	0.541	0.011
Folate, total.....mcg	5		0	4		13	150	3
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg	0.15		0	4		0.38	4.51	0.09
Vitamin A, IU.....IU	763		3	12		1923	22928	481
Vitamin A, RE.....mcg_RE	129		0	9		325	3876	81
Vitamin E.....mg_ATE	0.410		0	4		1.033	12.321	0.258
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	9.200		3	12		23.184	276.460	5.796
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	46		3	12		116	1382	29
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252.000g: 1 cup

Measure 2 = 3005.000g: 1 package

Measure 3 = 63.000g: 1 serving

NDB No. 06910

Sauce, NESTLE, QUE BUENO Nacho Cheese Sauce, ready-to-serve

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06921

Sauce, NESTLE, CHEF-MATE Basic Cheddar Cheese Sauce, ready-to-serve**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
			Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	74.21		3	12		184.04	2230.01	46.01
Energy.....kcal	132		0	9		327	3967	82
Energy.....kj	552			9		1370	16596	342
Protein.....g	2.90		3	1		7.19	87.15	1.80
Total lipid (fat).....g	7.58		3	12		18.80	227.78	4.70
Ash.....g	2.38		3	1		5.90	71.52	1.48
Carbohydrate, by difference.....g	12.93		0	9		32.07	388.55	8.02
Fiber, total dietary.....g	0.0		3	1		0.0	0.0	0.0
Sugars, total.....g	0.16		3	12		0.40	4.81	0.10
Starch.....g								
Minerals:								
Calcium, Ca.....mg	74		3	1		184	2224	46
Iron, Fe.....mg	0.29		3	1		0.72	8.71	0.18
Magnesium, Mg.....mg	6		0	4		15	180	4
Phosphorus, P.....mg	82		0	4		203	2464	51
Potassium, K.....mg	26		0	4		64	781	16
Sodium, Na.....mg	760		3	1		1885	22838	471
Zinc, Zn.....mg	0.54		0	4		1.34	16.23	0.33
Copper, Cu.....mg	0.013		0	4		0.032	0.391	0.008
Manganese, Mn.....mg	0.007		0	4		0.017	0.210	0.004
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.9		3	1		2.2	27.0	0.6
Thiamin.....mg	0.004		0	4		0.010	0.120	0.002
Riboflavin.....mg	0.065		0	4		0.161	1.953	0.040
Niacin.....mg	0.067		0	4		0.166	2.013	0.042
Pantothenic acid.....mg	0.141		0	4		0.350	4.237	0.087
Vitamin B-6.....mg	0.013		0	4		0.032	0.391	0.008
Folate, total.....mcg	3		0	4		7	90	2
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg	0.09		0	4		0.22	2.70	0.06
Vitamin A, IU.....IU	63		3	12		156	1893	39
Vitamin A, RE.....mcg_RE	19		0	9		47	571	12
Vitamin E.....mg_ATE	2.000		0	4		4.960	60.100	1.240
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	2.540		3	12		6.299	76.327	1.575
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	10		3	12		25	301	6
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248.000g: 1 cup

Measure 2 = 3005.000g: 1 package

Measure 3 = 62.000g: 1 serving

NDB No. 06921

Sauce, NESTLE, CHEF-MATE Basic Cheddar Cheese Sauce, ready-to-serve

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06922

Sauce, NESTLE, QUE BUENO Jalapeno Cheese Sauce, ready-to-serve

Refuse: 0%

NDB No. 06922

Sauce, NESTLE, QUE BUENO Jalapeno Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:1 undifferentiated.....g	2.457		0	4		73.833	1.548	1.548
20:1.....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.191		0	4		35.790	0.750	0.750
18:2 undifferentiated.....g	1.060		0	4		31.853	0.668	0.668
18:3 undifferentiated.....g	0.129		0	4		3.876	0.081	0.081
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	10		3	12		301	6	6
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3005.000g: 1 package

Measure 2 = 63.000g: 1 serving

Measure 3 = 63.000g: .25 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06930
Sauce, cheese, ready-to-serve

Refuse: 0%

NDB No. 06930
 Sauce, cheese, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.264		0	4		0.166		
17:1.....g								
18:1 undifferentiated.....g	3.437		0	4		2.165		
20:1.....g	0.000		0	4		0.000		
22:1 undifferentiated.....g	0.000		0	4		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.599		0	4		1.637		
18:2 undifferentiated.....g	2.369		0	4		1.492		
18:3 undifferentiated.....g	0.230		0	4		0.145		
18:4.....g	0.000		0	4		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000		
20:5 n-3.....g	0.000		0	4		0.000		
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000		
22:6 n-3.....g	0.000		0	4		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	29		21	12		18		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0		
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63.000g: .25 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
 USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06931

Sauce, pasta, spaghetti/marinara, ready-to-serve

Refuse: 0%

NDB No. 06931

Sauce, pasta, spaghetti/marinara, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.008		0	4		0.020	0.010	0.010
17:1.....g								
18:1 undifferentiated.....g	0.859		0	4		2.148	1.074	1.074
20:1.....g	0.002		0	4		0.005	0.003	0.003
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.722		0	4		1.805	0.903	0.903
18:2 undifferentiated.....g	0.680		0	4		1.700	0.850	0.850
18:3 undifferentiated.....g	0.042		0	4		0.105	0.053	0.053
18:4.....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:2.....g								
22:5 n-3.....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		6	12		0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 125.000g: 1 serving

Measure 3 = 125.000g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06932

Sauce, PREGO 100% Natural Spaghetti Sauce, Traditional, jar**Refuse:** 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Amount in 100 grams of edible portion		Amount in edible portion of common measures of food		
				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water.....g	76.80		1	1		99.46		
Energy.....kcal	105		0	9		136		
Energy.....kj	438			9		567		
Protein.....g	1.70		1	12		2.20		
Total lipid (fat).....g	3.90		1	1		5.05		
Ash.....g	1.90		1	1		2.46		
Carbohydrate, by difference.....g	16.00		0	9		20.72		
Fiber, total dietary.....g	3.1		1	1		4.0		
Sugars, total.....g	8.10		1	1		10.49		
Starch.....g								
Minerals:								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	430		1	1		557		
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
Vitamins:								
Vitamin C, total ascorbic acid.....mg	10.4		1	1		13.5		
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	567		1	1		734		
Vitamin A, RE.....mcg_RE								
Vitamin E.....mg_ATE								
Vitamin D.....IU								
Lipids:								
Fatty acids, total saturated.....g	0.870		1	1		1.127		
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1	1		0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129.500g: 2 tbsp

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 06933

Sauce, LIPTON, RAGU Old World Style Smooth Pasta Sauce, Traditional, jar

Refuse: 0%

NDB No. 06933

Sauce, LIPTON, RAGU Old World Style Smooth Pasta Sauce, Traditional, jar

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....	g							
Cholesterol.....	mg							
Phytosterols.....	mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125.000g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 14 (2001)